Chichester Herald

Friday 18th January 2013
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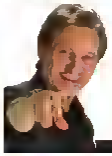
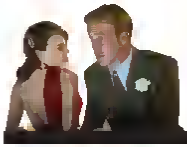
INSIDE | Health & Beauty | Entertainment | Puzzles | Classifieds | TV | Business | Motoring | Property



Anger is better than despair any day
TOMMY BOYD
Page 4



Win tickets to see Gangster Squad
COMPETITION
Page 20

Local girl Holly could step up
SPORT
Page 39

Pagham losing sea battle

» *Beach erosion 'threatens' Pagham homes*

Dean Adams
MANAGING EDITOR
NEWS@CHICHESTERHERALD.CO.UK

WORRIED residents of Pagham have said urgent action is needed before beach erosion destroys their homes

According to residents in Pagham, nearly 10m (32ft) of beach has been lost in the last two months

They will meet the Environment Agency, Arun District Council and West Sussex County Council in the coming weeks.

Residents claim recommendations made in a report two years ago have yet to be carried out.

It was suggested a channel could be cut through a spit to re-open the harbour mouth

The worrying situation was featured on the BBC on Monday during their 'Inside Out' feature documentary

Gary Frostley, who lives on the sunfront, said his house is currently 15m (49ft) from the sea

He said: "We've been putting pressure on the Environment Agency to do something for some time

"Basically their policy is for nature to take its course. Whether that's to save money or a genuine policy I'm not sure

"The fact is they've been protecting a spit that causes the problem."

However, Andrew Gilham from the Environment Agency said: "Cutting a channel through the spit or undertaking other modifications to it was one of a number of different options [considered]

Continued on page 3

MORE HEADLINES >>

BUILDING CONTRACT AWARDED FOR FESTIVAL THEATRE REDEVELOPMENT Page 3

TWO MEN JAILED FOR VICIOUS ASSAULT IN YAPTON Page 7

TOP MARKS FOR WEST SUSSEX FOSTERING SERVICE FROM OFSTED Page 12

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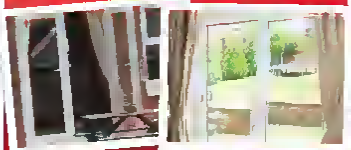

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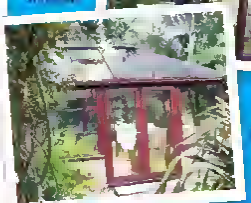

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Building contract awarded for Festival Theatre redevelopment

THE MAIN BUILDING contract for the RENEW redevelopment at Chichester Festival Theatre has been awarded to Osborne, a company with strong links to the West Sussex area.

Osborne entered into a competitive tender process with 12 other contractors in March 2012 and was officially awarded the contract for the Theatre's RENEW project in November. The company began work on site at the beginning of January.

The redevelopment will incorporate essential repairs to the Festival Theatre, a new extension, increased seating capacity, improved access and public facilities, improved backstage facilities and changes to make the building more energy efficient.

Executive Director of Chichester Festival Theatre, Alan Finch, said: "We are delighted to confirm that Osborne will be undertaking the main building work for our RENEW redevelopment. Their submission demonstrated an impressive understanding of the skills required to fulfil the redevelopment of our Grade II* listed building, coupled with an impressive track record of other projects. We're particularly pleased that we have been able to appoint a company with strong links to our region."

Although Osborne's head office is now in Reigate, the company has had a base in Chichester for very many years. It has

worked on many projects in the region and is currently working on the Shoreham Harbour footbridge, the new G-Block at Chichester College, Worthing College, Portsmouth's Northern Road bridge replacement and the Quayside Education Centre in Gosport.

Osborne was set up nearly 50 years ago by civil engineer Geoffrey Osborne, who had a keen interest in Chichester Festival Theatre. He regularly visited the Festival Theatre with his son, Andrew, who joined the Osborne company in 1998, becoming the chairman in July 2012.

Andrew Osborne said: "We are very proud to be involved in the RENEW redevelopment of this iconic building. My first introduction to theatre was at the Festival Theatre and so it is really exciting that Osborne will be part of making this theatrical experience even better for audiences, actors, the backstage team and all involved with Chichester Festival Theatre for the next 50 years."

Continued from page 1

"What the report concluded was that we couldn't say with any certainty which was the right one to undertake at the moment and it recommended closely monitoring the situation."

Another local resident, Mary Copeland, said: "It's becoming a massive worry. The sea seems to be getting closer by the week and action needs to be taken before it's too late. Plenty of properties are now at serious risk of being taken if things are left as they are."

Spice Girl and current Heart FM breakfast presenter Emma Bunton has recently had a home built on the coastline at Peghaul, just yards from her mum's seafront home.

South Downs communities benefit from £80,000 funding

FOUR diverse projects across the South Downs National Park are to benefit from funding of £80,000 thanks to the support of the South Downs National Park Authority's Sustainable Community Fund. The latest projects to receive support from the fund include raising and promoting sustainable energy, accessible facilities on the South Downs Way, space for outdoor learning, and a special musical composition for schools and community choirs.

Ken Bodfish, Chair of the South Downs National Park Authority's Sustainable Communities Fund panel, said: "These projects are great examples of the drive, innovation and community spirit of people living and working across the South Downs National Park and we're proud to give them our support.

"Any partnership, voluntary group or organisation can apply for SDNPA Sustainable Communities Funding for non-profit making projects that bring social, environmental, economic or cultural benefits to communities within the National Park."

• Harting Primary School in West Sussex has been awarded up to £20,000 to support outdoor learning within the curriculum and provide a sheltered outdoor space for the community.

• Pyecombe Church in West Sussex has been awarded up to £20,000 to welcome visitors to the village. The Grade I listed building, which dates back to 1170 sits on the South Downs Way.

• Stansted Park at Rowlands Castle in West Sussex has been awarded up to £20,000 for a project to reduce their carbon emissions and encourage their visitors to learn about biofuels.

• The Hoover Pond Foundation has been awarded up to £19,000 to bring traditional music and musical workshops to the school children and community choirs within the South Downs National Park, culminating in a joint performance in June 2013.

The Sustainable Communities Fund (SCF) is a £700,000 grant fund running from 2011 to 2013. Grants are available for up to 60 per cent of the project cost from £250 to a maximum of £20,000. More information about how to apply to the fund is available at www.southdowns.gov.uk/communities/funding/sustainable-communities-fund.

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Anorak Corner

Did you know? A taster of Chichester facts and figures...

When the Domesday Book was compiled, Chichester consisted of 300 dwellings which held a population of 500 people.

Anger is better than despair any day

Tommy Boyd

BLIZZARD ON ITS WAY

At the time of writing the Met Office is promising 10 centimetres of snow starting 11.00am today (Friday).

GLOOM

Walking around Chichester I notice everyone myself included looking glum. Post-Christmas blues, the economy, dull weather. When you think maybe a massive snowfall will wake us up. We can get angry about ungritted roads and the unpreparedness of transport services. Anger is better than despair any day. And there are always snowmen to be built.

IRRITATING

Chichester men in large vans have decided that switching on their hazard warning lights allows them to park anywhere. On double yellow lines, on bends, outside schools. In the morning rush hour. They hop out and pop up the garden path to knock up their mate and yak away while he finds his keys and wallet.

VERY IRRITATING

Four wheel drives. The huge ones, simply don't fit into car park spaces. I'm fed up contorting myself trying to get out of my car when I'm up against one.

SLIGHTLY IRRITATING

Walking around Chichester you notice increasing numbers of older men wearing cowboy type waxed hats and crimson trousers. They think it makes them look raffish-rural. No. Fellas, you look like lost Village People groupies.

PEOPLE WHO TALK AND DON'T LISTEN

Here's an actual conversation I had to listen to up at the Cross. Between a Thora Hird and a Hyacinth Bouquet.

Hyacinth: "Anyway, I've had a falling out with Marks & Spencer."

Thora: "Do you know, I've never been in the new one."

Hyacinth: "So I don't think I'll be welcome there, not for a few weeks."

Thora: "I don't know why they opened the new one, although the main one is always quite busy."

Hyacinth: "Not that I shop there much these days."

Silence.

Thora: "Perhaps it's temporary, the new one."

Hyacinth: "I said to the girl, if you have to use cash at a self-check-out, it defeats the point."

Thora: "Maybe they're waiting for the shop next door to close."

Hyacinth: "She said I could use my card at any other till, but this one had gone on the blink."

Thora: "Shops are closing all the time. Mind, I've never been to a Comet."

Hyacinth: "I had to go to a different till. I felt like my card had been 'you know' declined."

Thora: "Makes you think."

Hyacinth: "It really makes you think. It really does."

JOKE

I dunno if I can get away with repeating Barry Cryer jokes by crediting him and plugging his live show "Butterfly Brain". Here's hoping. A man is up in court for shooting a golden eagle. The magistrate says "Why did you do it?" The man says "It was an accident. I'd never do something like that on purpose. I was aiming at a pheasant and the eagle just flew into the way." The magistrate says "What did you do with it?" The man says "I ate it." The magistrate says "You ate it? What did it taste like?" The man says "A bit like swan."

Let us know what you think

@chiherald

CONTACT TOMMY AT: TOMMY.BOYD@CHICHESTERHERALD.CO.UK FOLLOW TOMMY ON TWITTER @THETOMMYBOYD

More snow expected

CHICHESTER'S first snow of the winter has now melted – but more is expected to return this week.

A warning for residents to "be aware" of more snow in the South East this week does remain in place. Temperatures are expected to drop to around -2c in the next few days, which is not abnormally cold for the time of year.

On Monday, the children at Great Ballard School (pictured) had fantastic fun during their break and lunchtimes playing in the snow. From sledging down the hill in the school grounds, to taking photos and making snowballs and snowmen, the children all enjoyed making the most of the overnight snowfall before it melted. Also pictured is Earthem House, home of Great Ballard School.

Tweets of the Week!

All tweets are from Chichester people or about the area.
(Some tweets may contain errors)

@SgtPeterAllan

"#Chichester District -Theft of working dogs. We have had 2 reports in the last week of dogs being stolen."

@sussex_police

"Man charged with rape and sexual assault of a woman at St Richard's Hospital, Chichester."

@creationshairuk

"Huge thank you to Theresa who won fresh baked muffins from Spirit Fm and gave them to Gary for helping with her wig. Thank you xxx"

@Goodwood_Races

"The Goodwood Racehorse Owners Group is proud to welcome their new filly, Goodwood Storm, who looks to have a bright racing future!"

@LeSalonDuChoc

"Gold? stir some white chocolate into mug of warm(not boiling) milk and add 1/4 teaspoon cinnamon mmm delicious!"

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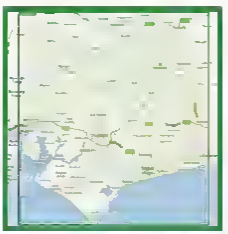

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Two men jailed for vicious assault in Yapton

TWO men have been jailed for a total of 60 months following a vicious attack at a pub in Yapton last year.

19-year-old John Brazil, of Bilshom Road, Yapton, and family member Leslie Brazil, 36, of Manning Road, Littlehampton, became embroiled in an attack at the Olive Branch on 15 June.

During the incident, a man had his head stamped on and was kicked to the body as he lay unconscious on the floor.

Both men were sentenced on 4 January at Chichester Crown Court after pleading guilty at earlier hearings. John Brazil was sentenced to 40 months detention in a young offenders institute for attempted grievous bodily harm and two years' detention to run concurrently for affray. Leslie Brazil was sentenced to 20 months in prison for affray, with a further six months to run concurrently for assault by beating.

Detective Inspector Jim McKnight, from West Sussex CID, said: "This was a particularly vicious and sustained attack which saw one man hit across the face and another kicked and stamped on as he lay unconscious on the floor.

"The incident escalated after John Brazil was refused free drinks in the bar and acted in serious assaults and property being damaged.

"The court has demonstrated that significant custodial sentences will be passed to those who think they can behave in this way and get away with it."

Police investigating dog thefts

POLICE are investigating the theft of seven dogs from a farm in Linchmere on Friday 11 and Monday 14 January.

On Friday 11 January two springer spaniels and a cocker spaniel were stolen between 7.30 and 8.30am. Between 5pm on Monday 14 January and 7.30am on 15 January three terriers and a cocker spaniel were stolen.

Sergeant Joe Chapman of Chichester District Neighbourhood Policing Team said: "We have been working closely with Hampshire Constabulary following a spate of similar dog thefts in Hampshire and are following a number of lines of enquiry which I am unable to discuss any further at this stage due to operational sensitivities.

"Police will be maintaining high visibility patrols in the area, monitoring any suspicious activity and officers will be speaking to any local people who may be concerned.

"This is the only instance of theft of working dogs in Chichester district that we have been made aware of."

Officers are appealing for anyone with information regarding the thefts, or anyone who saw anyone acting suspiously in the Linchmere area to contact Sussex Police on 101 quoting serial 168 of 15/1 or the independent charity Crimestoppers anonymously on 0800 555 111.

Anyone who is concerned about the thefts of working dogs, or who would like some crime prevention advice, should contact Sussex Police on 101 and ask to speak to their local police officer. To find out more about Farmwatch and Community Messaging visit www.sussex.police.uk.

Assault in Waitrose

POLICE are appealing for witnesses to an assault on a local man in his 50s in Chichester on Monday 31 December 2012.

The victim was shopping in Waitrose at around 1.15pm when he was approached by another man in the vegetable aisle. An altercation ensued and the victim was punched in the face, causing his glasses to break and scratch his face.

PC Emma Jaacock from Chichester Response Investigation Team said: "This appears to be an unprovoked attack and we are appealing to any customers who were in the store and witnessed the incident and have not yet spoken to officers to please get in touch. You can call 101 quoting serial 568 of 31/12 or alternatively, call the independent charity Crimestoppers anonymously on 0800 555 111."

The victim did not require hospital treatment.

A 57-year-old man from Chichester, was arrested at the scene on suspicion of assault and has been bailed until Sunday, 27 January pending further enquiries.

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2013/14 budget on agenda for scrutiny committee

THE DRAFT West Sussex County Council budget for 2013/14 is on the agenda for the Policy and Resources Select Committee this month.

The Committee meets on Thursday January 24, from 10.30am, at County Hall, West Street, Chichester, PO19 1RQ. Members of the public are welcome to attend.

Committee Chairman David Britton said: "Our role is to debate the overall budget, taking into account comments from the other scrutiny committees. Our comments and recommendations will help inform the Cabinet and their debate on the draft budget, when they meet at the end of the month.

"The budget approved by the Cabinet will go to the full County Council for agreement on Friday February 15."

David added: "A feature of the 2013/14 budget is that for the third year in a row, a council tax freeze is being proposed, with government funding available to support the freeze.

"The proposed budget is set against the backdrop of a large and on-going reduction in public spending, and also the introduction of a new local government funding regime. It also marks the third year of the County Council's three-year programme to save £79 million, which is on target to be achieved."

To read the agenda go to the County Council website at www.westsussex.gov.uk.

Southbourne Library closes temporarily

SOUTHBOURNE Library is set to close this Friday, January 18, to install new self-service machines.

It is the latest branch in West Sussex to get the state-of-the-art terminals – which help readers borrow and return books themselves.

The Library, on First Avenue, will shut from 5pm.

People can still borrow as many as 20 books or DVDs before the closure or use nearby branches in Chichester, Selsey and Witterings.

It will then reopen at 1pm on Monday February 11.

Chichester builders' merchants collects unwanted Christmas presents for charity

The Chichester branch of Covers Timber & Builders Merchants has extended its Great British Bag-athon appeal until the end of January 2013, so there is time to donate any unwanted Christmas presents to the campaign.

The Great British Bag-athon asks the local community to donate items which can go on to be sold in British Heart Foundation shops in the area helping to raise vital funds for the charity.

The Covers appeal was launched on 12th November by the Mayor of Chichester, Councillor Anne Scicluna, and has already received enormous bags of donations, but it is never too late to have a clear out and donate. Any unwanted clothing, toys, accessories, shoes, CDs, DVDs, books and bric-a-brac can be taken to the drop off point in the Chichester branch on Quarry Lane.

Martyn Bock, Chichester Branch Manager at Covers commented: "We're delighted to be able to extend our Great British Bag-athon appeal. The amount of bags we have received so far has been very encouraging, but I know that the generous people of Chichester can give more! It's the perfect chance to give unwanted Christmas presents without feeling guilty, as they will be raising money to help a fantastic cause!"

For more information on The Great British Bag-athon, go to bhf.org.uk/bagathon or visit a local Shop. To find your nearest BHF Shop, call 0844 412 5000.

Funding available for South Chichester good causes

CHARITIES and community projects in the South Chichester area are being urged out to miss out on funding.

South Chichester County Local Committee (CLC) has £8,000 left to allocate from its Community Initiative Fund for the 2012/13 financial year.

But time is running out – the deadline for applications is Friday January 25.

Committee Chairman Mike Hall said: "The Community Initiative Fund is an excellent scheme and through it we have been able to give grants to many projects which have made a real difference to people in our area.

"I'm sure there are lots more wonderful – and worthy – projects which could really benefit from our help.

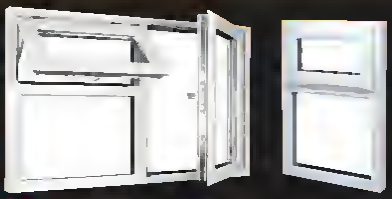
"I would urge any individual or group in the South Chichester area who need assistance with a project that will benefit the community to send in their application before the deadline expires."

Application forms and information on how to apply, as well as eligibility criteria, can be found at www.westsussex.gov.uk.

Search for 'Community Initiative Funding' under the County Local Committee page.

Grant applications will be considered at the final South Chichester CLC meeting for the financial year, which will be held at 7pm on Tuesday February 26 in Committee Room 3, County Hall, West Street, Chichester, PO19 1RQ.

Windows White PVCu



	A Rated Energy Saving	C Rated Standard
3 Windows	£1375	£1275
5 Windows	£2295	£1995
7 Windows	£3275	£2975
9 Windows	£4295	£3795
11 Windows	£5275	£4675

All INCLUDING VAT & INSTALLATION

TERMS & CONDITIONS APPLY

Rehau Frames | Shootbolt Locking
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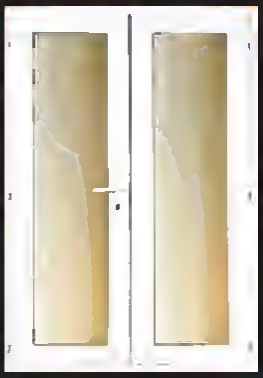
REHAU

Doors French or Patio



Max width 1600mm Max height 2100mm

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TERMS & CONDITIONS APPLY

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Including VAT & Installation

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Including VAT & Installation

Vertical Sliding Windows White PVCu

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Can we help you?

THIS YEAR the Chichester Herald is launching a charity initiative to support TWO charities as part of our commitment to the community. We are welcoming applications from charities large and small from across the city who feel we may be able to help them with support.

Dean Adams, founder of the Chichester Herald, said: "We are delighted to be in a position to help support local charities this year and I am looking forward to creating new opportunities for them. Charity donations and support is declining and we as a newspaper are keen to do something to help support those we can.

"The support is to aim to help promote each organisation with their event advertising, staff and volunteer recruitment and to raise the charity brands to the public eye and the business community."

Applications must include your name and contact details plus 400 words maximum on what your charity does and how we can help you. Please email your application to dean.adams@chichesterherald.co.uk

Transition Chichester helps kit out students for unique production

Prue Sokell, Tchi member, making glasses

MEMBERS of Transition Chichester's local economy scheme, the Tchi, have been busily sewing, stitching and pattern cutting their way through the numerous costumes needed for the University of Chichester's upcoming production of the Pirates of Penzance (taking place January 23 -26). Volunteers with costume making experience have been drafted in to help make some of the flamboyant pirate, wench and period costumes needed for the production in return for a handful of Tchis – Chichester's local currency.

Prue Sokell, Tchi member, said: "I love being involved in the scheme, so far I've made an 18th Century gown, and converted a number of gowns I'd made for previous university performances. I love to sew and being involved with the production has really pushed my boundaries in costume making – it's amazing what you can produce if asked!"

This is the second year the University of Chichester have worked successfully with local environmental organisation Transition Chichester. Involving the community in university life, and promoting inter-generational relationships between students and community members, the scheme is about more than just fashioning gowns and corsets.

Sean Hall, Head of Music at Chichester University, said: "The union between the University of Chichester and Transition Chichester, worked so well in 2012 with the Marriage of Figaro, we didn't hesitate to use the scheme again. Paying volunteers in Tchi means they are able to support the local community further when they come to spend their well-earned notes. In addition to this the project brings the university, and its students, further into Chichester community life. To encourage the scheme further we also take Tchis for most performances at the university."

The Tchi, Chichester's local currency, was introduced to the area in 2010, and is measured in time rather than monetary value, with one Tchi representing one hour of someone's time. Currently there are over 1,000 Tchis in circulation in the area and they can even be used as entry into the upcoming Pirates production.

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Holiday Brochure 2013

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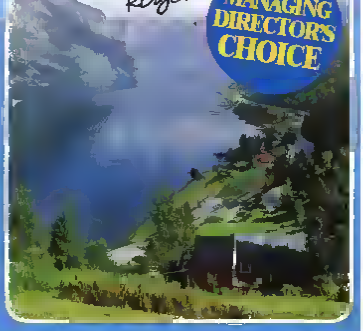
JANUARY 2013	date	duration
Arctic Highlights (by Air)	29 Jan	5nts
MARCH 2013	**date**	**duration**
London Theatre Break	06 March	2 days
Paris Affair	08 March	4 days
Saunton Sands & North Devon	11 March	5 days
Tyrolean Winter Wonderland	15 March	8 days
Lakes & Dales - Newcomers	18 March	5 days
Isles of Scilly (by Air)	21 March	6nts
Bournemouth Easter	28 March	5 days
Heart of England Easter	28 March	5 days
Easter Trains, Trams & Waterways	28 March	5 days
APRIL 2013	**date**	**duration**
Spring time in Guernsey (by Air)	08 April	7nts
Inside the Magic Circle	14 April	2 days
Dutch Tulip River Cruise	14 April	5 days
Great Little Trains of Wales	18 April	5 days
Keukenhof & Dutch Flower Parade	17 April	4 days
Malvern Hills & Welsh Borders	21 April	5 days
'Little Switzerland' & Spring time in Wanders	22 April	5 days
Torbay & Dartmoor Tours	28 April	5 days
MAY 2013	**date**	**duration**
Scottish Highlands & Waverley Rail	01 May	9 days
Cruising & Constable Country	04 May	5nts
Bristol & Bath Weekend	03 May	4 days
Norwegian Coastal Voyage (by Air)	11 May	11nts
Waterways of North Wales & Cheshire	12 May	5 days
County Durham	18 May	6 days
Alsace Vines & Champagne Bubbles	25 May	7 days
Wessex & Hardy Country	26 May	5 days
Bergen & The Western Fjords (See Managing Director's Choice)	**27 May**	**11 days**
Norfolk & The Broads	27 May	5 days
Walker Garden Festival & The Lakes	30 May	5 days
JUNE 2013	**date**	**duration**
Jersey (by Air)	02 June	7nts
Oban & The Isle of Skye	06 June	9 days
Magical Mayo & Connemara Coast	09 June	7 days
Wildlife of Scotland	16 June	7 days
Crete (by Air)	11 June	7nts
Brittany Ferries & Mont St Michel	12 June	6 days
Bournemouth	16 June	5 days
Rhine Wine & The Moselle Valley	16 June	5 days
Yorkshire Dales & Herriot Country	16 June	5 days
Isle of Man	19 June	7 days
Dales, Trains & Hadrian's Wall	26 June	6 days
Northumberland & The Lindisfarne Gospels	30 June	6 days
JULY 2013	**date**	**duration**
Douro River Cruise (by Air)	01 July	7nts
Strathspey Explorer	02 July	7 days
Somerset & The Torbay Express	05 July	4 days
Ypres, Passchendaele & Memories of WWI	08 July	4 days
Vines & Railway Lines	15 July	5 days
Landscapes of Wales	18 July	7 days
The Pennaun Valley & Austrian Tyrol	21 July	8 days
Derbyshire & The Potteries	21 July	6 days
Heart of Scotland	22 July	8 days
All's Well That Ends Well	28 July	5 days
AUGUST 2013	**date**	**duration**
Disneyland Paris	01 Aug	4 days
Scotland by Steam	06 Aug	7 days
Edinburgh Tattoo & The Borders	11 Aug	6 days
Southport Flower Show	12 Aug	6 days
Crystal Waters of The Italian Lakes	17 Aug	9 days
Beautiful Bath & Somerset	18 Aug	5 days
Caerdiff & The Brecon Beacons	18 Aug	5 days
Cruising the Seine	18 Aug	7 days
Hanover & Cavalcade & Glorious Ghent	24 Aug	4 days
Chester & The Wirral	25 Aug	6 days
Montenvue & The Golden Pass Train	26 Aug	5 days
Weymouth & The Dorset Steam Fair	30 Aug	4 days
SEPTEMBER 2013	**date**	**duration**
A Tale of Two Cities	01 Sept	7 days
Longleat & Downton Abbey	01 Sept	4 days

Bergen and the Western Fjords

I first visited Norway in the 1960s and immediately fell in love with the stunning scenery, the relaxed way of life and the excellent food! Since then I have travelled the world, and I still hold Norway as my favourite. Our twin centre tour has been arranged to show you the best of the beautiful scenery, snow-capped mountains, glaciers, lakes and raging waterfalls

Roger

MANAGING DIRECTOR'S CHOICE



Killarney & The Ring of Kerry	04 Sept	7 days
Cruising Holland & The Rhine	09 Sept	8 days
Waterways of North Wales & Cheshire	15 Sept	5 days
Bournemouth	15 Sept	5 days
Cordoba & The Picos de Europa	15 Sept	10 days
Blackpool Illuminations & Lake Windermere	17 Sept	4 days
Perthshire & Scottish Castles	22 Sept	5 days
Middle England Weekend	27 Sept	4 days
Malvern Hills & Welsh Borders	28 Sept	5 days
Torbay & Pembrokeshire	30 Sept	5 days
Madeira (by Air)	30 Sept	7nts
OCTOBER 2013	**date**	**duration**
Breathtaking Bruges & The Flemish Coast	04 Oct	4 days
The Black Forest	05 Oct	7 days
Country Durham	06 Oct	6 days
Amalfi Coast (by Air)	07 Oct	9nts
Mystery Tour	13 Oct	3 days
Norfolk & The Broads	14 Oct	5 days
Mediterranean Cruise & Lake Garda	14 Oct	15nts
Isles of Scilly (by Air)	18 Oct	5nts
Mediterranean Cruise & The Dolomites	20 Oct	11nts
NOVEMBER 2013	**date**	**duration**
Spectacular South Africa (by Air)	14 Nov	13nts
[illegible]	[illegible]	[illegible]
Canadian Rockies (by Air)	May 2014	18nts

Holidays Available to all BUT with NO SINGLE SUPPLEMENT

FEBRUARY 2013	date	duration
Scarborough Winter Warmer	25 Feb	5 days
MARCH 2013	**date**	**duration**
Mystery Tour	10 March	2 days
Saunton Sands & North Devon	11 March	5 days
Silmouth, Seaton & Dartmoor	17 March	5 days
Cornish Explorer	21 March	7 days
Isle of Wight Getaway	24 March	2 days
Cotswolds Easter	28 March	5 days
APRIL 2013	**date**	**duration**
Touch of Class in Torquay	01 April	5 days
Springtime in Guernsey (by Air)	08 April	7nts
Cotswolds Blossom Trail	14 April	5 days
Dublin Trams & Gardens	21 April	6 days
Manchester Ship Canal & Ribble Valley	25 April	5 days
MAY 2013	**date**	**duration**
Silmouth, Seaton & Dartmoor	02 May	6 days
Silmouth, Touch of Class	06 May	5 days
Warner's & Malvern Spring Show	06 May	5 days
Mystery Tour	11 May	3 days
May Gardens of Cornwall	16 May	8 days
Dam Builders at The Petwood Hotel	20 May	4 days
JUNE 2013	**date**	**duration**
The Lake District	02 June	6 days
Isle of Wight	03 June	6 days
North Devon Explorer	08 June	6 days
Falmouth	23 June	6 days
Cathedrals & Colleges	25 June	5 days
JULY 2013	**date**	**duration**
Tynesfield & Warner's Littlecote House	01 July	5 days
Constable Country & East Anglia	07 July	5 days
Sandringham & The Lavender Fields Newcomers	12 July	5 days
Warner's Rodelwaythan Castle	15 July	5 days
Warner's Alvaston Hall	15 July	5 days
Brontes & Tea at The Sunnier Wine	15 July	5 days
Royal International Air Tattoo	20 July	4 days
Scarborough Spa Express	29 July	5 days
AUGUST 2013	**date**	**duration**
Torquay & Gardens of Devon	04 Aug	6 days
Mystery Tour	04 Aug	2 days
Chatsworth & Warner's Thoresby Hall	05 Aug	5 days
Liverpool & Manchester	12 Aug	5 days
Doc Martin & The Cornish Coast	19 Aug	6 days
Buxton & The Peak District	26 Aug	5 days
SEPTEMBER 2013	**date**	**duration**
Silmouth, Seaton & Dartmoor	02 Sept	6 days
Manchester Ship Canal & Ribble Valley	05 Sept	5 days
North Devon Explorer	06 Sept	6 days
Ludlow, Shropshire & Ironbridge	06 Sept	5 days
Harrogate Flower Show & Yorkshire Moors	08 Sept	8 days
The Lake District	22 Sept	6 days
Falmouth	23 Sept	6 days
North Wales & The Isle of Anglesey	29 Sept	5 days
OCTOBER 2013	**date**	**duration**
Warner's Isle of Wight	07 Oct	5 days
Cornish Explorer	16 Oct	6 days

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Top marks for West Sussex fostering service from Ofsted

WEST Sussex County Council's fostering service has been judged as 'good' with some outstanding features in an Ofsted inspection carried out at the end of November 2012.

The inspectors found the service was well managed with motivated and professional staff.

The report just published said: 'Young people are placed without avoidable delays and make good progress from their starting points. Young people are integral to decision making and their views make a difference to the service. Diversity and equality are promoted effectively in all aspects of the service. Carers feel valued and well supported and have a good understanding of young people's needs. They are carefully selected and are well prepared and trained.

'There are strong quality assurance measures in place and there is a focus on development and improvement. This means that young people benefit from good care which enables them to make progress in all areas of their lives.'

Cabinet Member for Children and Families Peter Evans said: "I am delighted that we have achieved this rating in our inspection – my congratulations to all involved.

"Our fostering team provides a vital service. It's reassuring for residents thinking of becoming foster carers to know that we have been rated so highly. Equally, my thanks to all our current foster carers, whose hard work and dedication along with our staff has led to this positive outcome, which is much deserved."

The report recognised that the outcomes for children and young people are good, saying young people are happy in their placements and are supported to move forward with confidence.

The report said: 'Young people are consulted with and contribute significantly to the development of the service. There is an active children in care council. Young people involved have recently helped in the development of a new guide to foster care. As a result young people feel their views are valued.'

It added that young people were shown to achieve in their education and make good progress. They are actively involved in activities in the community and health needs are met. It acknowledged there is an effective short break service that supports young people to acquire new skills and develop confidence.

The quality of the service was graded as outstanding by inspectors, saying young people are placed with families who can meet their needs exceptionally well. The report acknowledged the assessment and training of foster carers and added that foster carers feel exceptionally well supported.

Comments from foster carers said the service 'really value us' and another said 'we have a very good working relationship with West Sussex. It really makes me feel listened to.' The service was praised for the culture of training and development and also for the views of foster carers being sought and contributing to decisions relating to young people in their care.

The service was rated as good under the category of safeguarding children and young people, with the report

acknowledging robust systems in place to protect young people. It said that young people feel safe and are safe, and are confident their carers will support them.

The leadership and management of the service was marked as outstanding by inspectors. The report said the service 'operates with a team of experienced and motivated staff who feel they can contribute to the development of the service.'

Peter added: "We are always on the lookout for more foster carers to come forward from across the county. Our foster carers provide that vital thing – supporting and loving home with security and stability to help give a child or young person the confidence and support they need to develop and grow as a person."

Foster carers receive a comprehensive support package from the Council, including on-going training and financial allowances to meet the needs of the children and young people in their care.

To find out more about fostering, visit the County Council's website at www.westsussex.gov.uk/fostering.

Earlier in 2012, the County Council's adoption service was also inspected by Ofsted and judged as 'good' with some 'outstanding' features.

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Misery loves Company

Gracie Cliffe

THIS PAST week, the saying 'misery loves company' seems to have been in play a lot. I don't think this is a bad thing necessarily because why suffer in silence when you can share all your miseries with the people around you. Okay maybe that does sound a little bad? But I think it's almost natural to moan, because at the end of the day, you do sound a bit weird if you are talking about how much you're loving life and how perfect everything is.

We are a country of moaners. I learnt this since I am back into the routine of having to get up at 6.30am every morning, so I've got into the habit of watching mundane morning television. This alone promotes me to what I was discussing this with my friends and we all agreed that in the last week, things like 'I'm tired' and 'I want to be at home in bed' have come out of our mouths more than anything else.

And the weather. I'm surprised that I am saying this, because I'm usually a full supporter of winter weather and all it brings, but I think a bit of sunshine is officially needed. Desperately. Getting up when it's dark is one of my life's greatest struggles. Walking to school in the freezing cold. Sitting for 6 hours a day at school when the street lights are on. These are not fun ways to spend the day. It's like the sunshine is a distant memory. And with snow making a return in the form of sleet, it's hard not to get a bit dragged down.

So here I am, fully promoting 'misery loves company'. I hope I don't drag down everyones mood because of this. But when you think about it, how much time do you spend moaning about work or the weather in a week? 1 hour, 2 hours, more? I'd have to go with more, because I, much like misery, love company.

Let us know what you think @chiherald

Car Club this Sunday

A earlier meeting of the Manhood Classic Car Club

THIS SUNDAY 20th January sees the start of the New Year for the meetings of the Manhood Classic Car Enthusiasts at the Sidlesham Football Club, Mann road, Sidlesham. The meets start at around 10am for around a couple of hours, giving everyone chance to show off their treasured vehicles from a 1936 Lagonda, to a Morris Minor van with motorcycles, American Day vans, Minis and many more besides.

The group meet on every third Sunday of the month and welcome over 40 vehicles travelling from near and far. One of the original members, Les Payne says: "It's a really friendly group with plenty of people happy to chat about issues others may have with their classic and vintage vehicles, as well as admiring the wide range of cars that turn up each month."

Everyone is welcome, even if you don't have a treasured set of wheels. Refreshments available, with indoor facilities.

More info can be had from Lee Payne on 01243 605090.

Cat and Kitten homing day

SATURDAY 26th January is Cat Homing Day when you can visit the Rescue Centre between 12 noon and 2 pm and see the cats and kittens and reserve your selection, pending a satisfactory pre-home visit which will normally occur within a couple of days.

There are many 1 to 3 year old cats and also older ones. In 2012 we admitted more than 300 kittens so some are still waiting for a home. There are many single kittens, but often people adopt a pair of kittens as they realise kittens develop though play and interaction and make amusing companions. Sometimes people visit intending only to take one, and get all the way home, and then realise they should also have adopted their kitten's playmate! Ooops!... Hasty call back to The Rescue who are usually happy to make up that kitten pair!

Selected Cats waiting for a home

- Josie is a 2 year old friendly short haired brindle tabby female who arrived just before her kittens were born.
- KM37-12 is Josie's last remaining kitten, a black neutered male and he is 7 months old and needs to be offered his first home.
- Nicole (2) and Nicola (1 year) are friendly tabby females who love attention, to play and be stroked, and came into rescue together in July.

Cat and Rabbit Rescue Centre

- Does not as a very friendly year old female, who is mostly white with black markings.
- KM129-12, a tabby male 6 month old kitten and KM 134-12, a 5 month old black male kitten are a very friendly pair. Both have been neutered and they love to play, and have a fuss made of them.

The Rescue asks for a minimum donation of £45 for each cat or kitten which includes vaccination, microchipping, and neutering. Free vet insurance for 4 weeks is provided. A younger un-neutered kitten is £70 and a voucher for free neutering at The Rescue when the kitten is old enough is supplied. The usual Cat and Rabbit Rescue Adoption Terms and Conditions apply. Visits are strictly by appointment except on Homing Days.

Tel: 01243 641409

Cat and Rabbit Rescue Centre, Hollycrow Lodge, Chalder Lane, Sidlesham, Chichester, PO20 7RJ. www.crrc.co.uk

KM1[illegible]12

Fundraising £4 million – Aldingbourne reach 35th anniversary

2012 WILL BE REMEMBERED as a successful year full of exciting events countrywide and the Aldingbourne Trust shared in this success as it was a fantastic year for the West Sussex based local charity who support adults with learning disabilities to develop their skills to then support them to gain employment and to live independently within the community.

The Trust held several events which were fantastic fundraisers and crowd pullers. These events not only helped raise money for the £4 million Appeal, which stands at a brilliant £400,000 after only nine months, but they have also raised awareness about the Trust.

Key events throughout the year have been the Family Fun Day which raised over £17,000, the Magic of Christmas event with Chichester Lions Father Christmas - £12,477, a Golf Day which raised £776.50, and Bridge enthusiasts at a Bridge Day Event raised £3,300. The Trust's last fundraising event of 2012 had over 320 people in attendance and saw a terrific £5,000 raised at a Christmas Cracker Carol Concert held together with Grace Church, Chichester, devised and directed by Roger Redfern and written by Simon Brett, which starred a glittering array of showbiz, entertainment and musical talent.

Patricia Routledge, James Bolam, Susan Jameson and Sarah Badel were the famous household names who gave star turns reading various poems and stories, which greatly entertained the audience.

Spirit FM's presenters Milly Luxford and Vicky Edwards also read a hilarious 'Mums Christmas Eve'. Musical talent knew no bounds that night with performances from All That Malarkey, the Prebendal Chamber Choir and Chichester University Brass Band.

Nicki Clarke, the Trust's Enterprise and Development Champion, said: "I would like to thank everyone who was involved in the concert and all previous events for making them all so successful. Without the keen support and commitment of volunteers and members of the community we would not have raised so much so quickly."

The money raised from these events and future fundraising will go towards the Aldingbourne Trust's £4 million Appeal to expand of the Trust's current facilities, including larger conference facilities, cafe and shop which will help the Trust become less reliant on government funding and provide additional development opportunities and good work for adults with learning disabilities.

2013 sees the Trust celebrate its 35th Anniversary and they plan to continue to organise more fun and exciting fundraising events to continue to climb the fundraising ladder to reach their ultimate £4 million goal. If you are able to help by organising your own fundraiser in aid of the Trust, or donate funds to the appeal or support future events please contact Abigail Rowe on 07502753604 or visit www.aldingbournetrust.co.uk

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LEICESTER CITY
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Saturday 20 April
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Please note this offer is only available to supporters who have a purchase history for the last three seasons. Tickets also available at the Amex ticket office or from the club shop in Queens Road, Brighton.

CLEARANCE & SAMPLE SALE

UP TO 75% OFF*

Salisbury Single Storage Bedstead
Was £1095 This Weekend: £199

Ceylon Dressing Table
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Sebastian King Leather Bedstead
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Phoebe Super King Bedstead
Was £699 This Weekend: £249

Chicago End of Bed Trunk
Was £999 This Weekend: £299

Ashby Tall Chest
Was £1555 This Weekend: £399

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ONCE IT'S GONE, IT'S GONE!

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feather & black

*All clearance products are sold as seen and are subject to availability. Delivery is available for our Chichester store on the 19th & 20th January 2013 only Delivery is permitting availability of the store and is £30 for delivery within a 10 mile radius.

EVEN BETTER THAN THE JANUARY SALES

Brown Haired Rag Doll
Was ~~£19~~ This Weekend: £9.50

Wooden Baking Set
Was ~~£25~~ This Weekend: £12.50

Oxford Single White Bedstead
Was £199 This Weekend: £99

Navarra 1 Drawer Bedside
Was £429 This Weekend: £99

Salisbury King Slatted Bedstead
Was £595 This Weekend: £149

Marblehead 2 Door Cupboard
Was £675 This Weekend: £199

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Chichester Business

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Local builders' merchant employees celebrate 300 years of service

COVERS TIMBER AND BUILDERS MERCHANT recently celebrated the loyalty of its staff with their Long Service Awards. Eleven employees were rewarded for being with the company for 25 years or more, totalling 300 years of service between them. This is the highest collective amount of years that the company has had in one year since records began. Each member of staff received a certificate of recognition.

Henry Green, Commercial Director of Covers, said: "I think this is a real credit to both our company as a whole and our individual staff. I am delighted that so many of our employees have spent the majority of their careers with us and I hope that our employee retention rate will continue into the future. The job market is facing such a turbulent time at the moment but this is a really positive message to send out to our new employees."

Andrew Waters, Purchasing Director for Covers, said: "I can't quite believe that I am celebrating my 30th year at Covers, the time really has flown by. It has been a great company to work for where my work has been personally rewarding, which I think is one of the reasons that so many of us have stayed for such a length of time. I am looking forward to many more years here and I would encourage all of the newer members of staff to make the most of working for such an established company."

The full list of award winners are:
Richard Marshall – 35 years
Andrew Waters – 30 years
Mario Perrin – 25 years
Geoff Watts – 25 years
Robin Mott – 25 years (P/T)
Neil Standing – 25 years
Deon is Taylor – 25 years
Lesley Horfield – 25 years
Anne Morton – 25 years
Neil Bottley – 35 years
Mick Beckler – 25 years

Andrew Waters (right) is pictured receiving his award from Pat

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Having your wedding in a hotel can make the event comfortable and convenient for both you and your guests, after the big day, you can quickly retreat to our honeymoon suite! Our hotel is suitable for either large celebrations or intimate gatherings and a bespoke menu can be designed just for you. And we can provide pre-wedding pampering sessions thanks to our Retreat Beauty Spa. So what are you waiting for? Chichester Park Hotel is the perfect venue for your wedding day!
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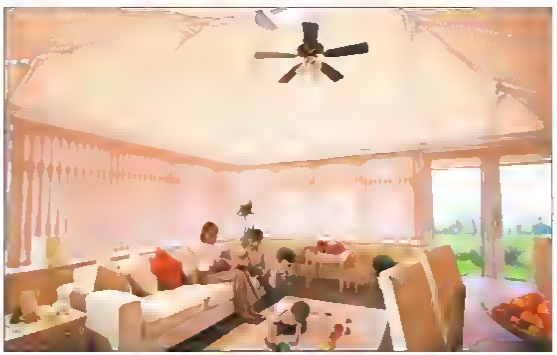
Broadview; more than a Shade better



WINDOW BLINDS & SHUTTERS have become a must have of recent times mainly due to their practical and functional reasons but perhaps more importantly they are modern and stylish.

However now there is a fourth reason you should consider investing in your window coverings wisely. Rising energy bills can perhaps be kept to a minimum if blinds with energy efficient coated fabrics are installed in your preferred window coverings this winter. This especially applies to conservatories where it is difficult to keep them warm enough in winter and cool in summer.

Broadview have a new collection of vibrant fabrics for 2013 now available and included are many varieties of blinds types and styles with solar protective coatings and energy efficient ratings. Choose at home or in your local showroom. Broadview have been making blinds since 1969 to exact customer requirements and they'll come along and install them perfectly for you leaving you to sit back and save on those energy bills.

Broadview will be happy to call measure and quote without obligation and will try to beat or match any like for like quote. To find out more visit one of 13 showrooms across the south or contact your local showroom at Chichester 01243 782352 or Bognor 01243 824397. www.broadview.co.uk

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Chichester Business

This year make a resolution that really counts

IF YOU'RE STILL searching for a New Year's resolution and don't fancy hitting the gym or dieting why not get active by volunteering some of your time to help local charity and community groups

The Skillshare West Sussex project is looking to match skilled volunteers with short-term charitable projects and opportunities lasting from one to ten days

Kate Scales, of Voluntary Action Arun and Chichester, which manages the website said "Voluntary and community groups across West Sussex rely on the support of volunteers but we appreciate not everyone has the time to commit to long term volunteering placements

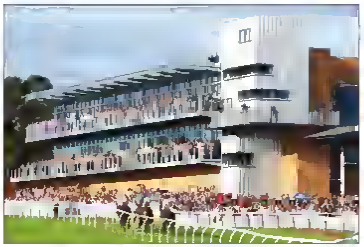
"You don't have to be a web guru or an engineering genius to help, just have a bit of enthusiasm and a willingness to help."

Charities and community groups can publicise their vacancies on the website and be matched up with suitable volunteers

The scheme has been designed to run alongside the service provided by the Volunteer Centres, but whereas the Volunteer Centres focus on longer term placements, this website will focus on short term opportunities. The site also enables organisations to showcase their volunteering achievements and publish examples of their Corporate Social Responsibility policies

The website can be found at: http://skillshare-westsussex.org.uk

Fun filled family days at Fontwell Park



WITH THE FIRST race meeting of 2013 just days away, the staff is looking forward to a great season on the track at Fontwell Park. In addition to the family racedays planned at Fontwell Park this year, the "children go free" age has increased from under 16 to under 18 for all racing fixtures.

At a time when family leisure activities are increasing in price and the age limit is for free entry is forever lowering, Fontwell Park Racecourse is bucking the trend making a family day out at the races an affordable, yet entertaining option.

The first feature family day is the All about the Horse Raceday on Sunday 24th February featuring the £50,000 National Spirit Hurdle. Along with 7 races, the West Sussex track will be offering pony rides, the chance to meet a Racehorse & have a go on a racehorse simulator. Plus, London 2012 Olympic Silver medallist Tom Cook will be appearing with her Silver medal.

Later in the year, characters from the popular children's phenomenon Moshi Monsters will be visiting the course on Sunday 26th May, whilst Peppa Pig & George are set to visit on Sunday 8th September. This will be in addition to the fun fair, bouncy castles & face painting already offered on these racedays.

General Manager Tracy Skinner said "It's exciting to be welcoming more racegoing families to Fontwell Park for the coming year. We're known for being a family friendly course & have a great reputation for offering free of charge entertainment on our family days. We've got some fantastic racedays planned this year already and I'm looking forward to further establish us as a venue for families on the South Coast."

The change on free entry for all under 18s is part of a group-wide initiative to keep Britain racing, rolled out across all 15 race tracks owned by Arena Racing Company.

Chichester Herald is a free weekly newspaper available for self-selected pick-up across the city of Chichester in a wide variety of locations with a weekly readership of up to 75,000.

Additionally, every business in the city centre receives a copy every Friday.

Providing a combination of both local and national news, Chichester Herald is a well designed and easy to read publication appealing to a vast range of individuals throughout the city.

With Chichester Herald additionally available for collection from local supermarkets, newsagents, coffee shops and many other retail outlets, there aren't many places your advert won't be seen.

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Gangster Squad (15)

THREE out of Five stars

Running time: 110mins
Director: Ruben Fleischer
Starring: Ryan Gosling, Sean Penn, Emma Stone, Josh Brolin, Michael Pena, Robert Patrick

Gangster Squad is undeniably trashy, occasionally sloppy and never quite settles on a consistent tone but it's enjoyable enough in a forgettable Friday night thriller sort of way and it's ultimately worth seeing for the performances by Penn, Brolin and Gosling.

What's it all about?
Directed by Ruben Fleischer, Gangster Squad is (very) loosely based on a true story and set in 1949 Los Angeles. Josh Brolin stars as ex-soldier-turned-hard-boiled-cop Sgt John O'Mara, who's hand-picked by Police Chief Parker (Nick Nolte) and tasked with assembling a secret police squad dedicated to destroying the sprawling L.A. operation of East Coast gangster Mickey Cohen (Sean Penn).

With O'Mara's squad – including crack shot Kennard (Robert Patrick), technology whiz Kanler (Giovanni Ribisi), handsome charmer Jerry (Ryan Gosling), tough guy detective Harris (Anthony Mackie) and Kennard's loyal sidekick Ramirez (Michael Pena) – hastily assembled, the team set about dismantling Cohen's empire by hugging his house and hitting all his businesses. However, Cohen quickly suspects that the squad are cops and things are further complicated when Jerry falls for Mickey's glamorous girlfriend Grace (Emma Stone).

The Good
Josh Brolin is suitably square-jawed as O'Mara, while Gosling seizes the opportunity to have a little fun with his dreamboat screen persona by giving Jerry an amusingly high pitched voice. In addition, there's strong support from Ribisi, Patrick, Mackie, Pena and Mireille Enos (as O'Mara's wife), though the film is roundly stolen by Sean Penn, who delivers a deliciously over-the-top turn as Cohen and adds several enjoyably quirky touches, such as insisting on wearing one to a shoot-out or yelling 'Here comes Santy Claus!' before opening fire.

The script is packed with pulpy dialogue that doesn't always come off (Stone and Gosling's seductive scene by the bar is downright embarrassing) but does a good job of setting a 40s/50s pace and rhythm. Similarly, the action scenes (shoot-outs, car chases, punch-ups) are both frequent and well handled, even if they are occasionally laughably improbable (good guys miraculously dodging hails of bullets etc).

The Bad
Let's be clear, Gangster Squad is no L.A. Confidential. Indeed, its main problem is that it can't quite decide whether it wants to be a serious police versus gangsters drama or surrender to its pulpier impulses and just let the bullets and fists fly while revelling in the gorgeous set design and costumes. Ultimately, the latter wins out, meaning that the film is definitely on the trashy side, but it's enjoyable enough if you don't take it seriously.

The other main problem (particularly for fans of the Gosling/Stone pairing in Crazy Stupid Love), is that Stone's character is so underwritten that she might as well not be in the film, while the romance subplot never really convinces.

Worth seeing?
Despite its flaws, Gangster Squad remains watchable in a disposable, pulpy sort of way, largely thanks to the stylish production design and a trio of enjoyable performances from Penn, Brolin and Gosling.

Fancy a crafty couple of hours doing something interesting?

HAVE YOU ever thought making cards was for other people, so maybe who could draw or paint? Well think again and come and join in at the Maximum Craft Club on Saturday 26th January.

They have a few places left on the specialist classes introducing the tips and techniques perfect for colouring those rubber stamped images using alcoholic markers such as copics and promarkers. These, previously, artist only media, are now used by many crafters to enhance the images and make them into little works of art, making cards so beautiful they will be treasured by all that are lucky enough to receive them.

At the class, you will be shown in great detail the art of colouring and blending and will be able to achieve brilliant results regardless of previous experience.

The classes take place at the Bassil Shippam centre, Tozer way, Chichester and cost £10 for a two hour workshop. Materials will be provided, but if you are lucky enough to own any of the markers yourself, do bring them along. Refreshments are provided too.

Booking is essential, so please ring Maxine on 01243 605090 or email maxine.payne@btinternet.com as soon as possible to secure your place.

GANGSTER SQUAD COMPETITION

WIN 2 TICKETS!

For a chance to win 2 tickets, answer the following question

Q. NAME THE FILM THAT SHOT RYAN GOSLING TO FAME?

A. THE FLIPBOOK

B. THE ADDRESS BOOK

C. THE NOTEBOOK

Send your answer and include your full name, address and a contact phone number to **competition@chichesterherald.co.uk.** One lucky winner will be selected at random. Closing time is Tuesday 22nd Jan 2013 at midday. The winner will be notified later on that day.

- Last weeks winner is Samantha Hatcher from Chichester

Chi Leeds Herald ... apply

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Exciting new programme of events at The Novium

SANDWICH spread, mosaics and Roman comic strips – these are just a few of the exciting topics for events happening at The Novium in 2013

The new January – April events programme includes:

• Hurrah for Shippams – a film archives afternoon on Friday 25 January from 2pm to 4pm exploring the story of the local business that became a national success. Tickets £5 adult, £4 concession

• Toga Tales for Under 5s – an interactive story telling session for children aged under five featuring heroic tales from the Roman times. Free with museum admission

• Roman Comic Strips – a family craftivity on Saturday 26 January from 1pm to 4pm including interactive storytelling and a chance to design your own Roman comic strip. Free with museum admission

• Mosaic Mayhem! – a children's workshop on Sunday 17 February from 1pm to 3pm where children can make a ceramic mosaic mirror frame to take home. Tickets £2.50 per child

Other blockbuster events include a lecture series in March on bones by three leading UK experts. They include ground-breaking research on archaeological remains found in the District and are entitled 'The Autopsy of Bones', 'From Cemetery to Clinic', and 'Sex and the Saxons – early evidence of syphilis'.

A Hands on History event has been organised for half term from 16 to 24 February with the chance to get up close to real and replica artefacts. A special 'Woolly Week of Sheep' has been organised over the Easter holidays including trails, demonstrations, talks, walks, fancy dress and fun challenges.

As part of the adult learning programme, The Novium has a series of walking tours and talks highlighting aspects of Chichester's history. Content varies from broad introduction to the museum's collection to focusing on specific objects and historical events.

The museum service at The Novium, 18 Tower Street, Chichester, is open

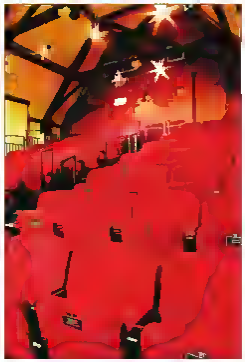
• November to March: Wednesday to Saturday 10am to 5pm, Sunday 10am-4pm.

• April to October: Monday to Saturday 10am- 5pm, Sunday 10am-4pm

Admission fees apply.

Tourism services at The Novium are open 7 days a week, Monday to Saturday 10am- 5pm, Sunday 10am-4pm. Access to tourism services is free.

For more information please call The Novium on 01243 775888, email at thenovium@chichester.gov.uk or visit www.thenovium.org.



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Fri 18 Jan
13.15 Quartet
15.30 The Impossible (12A) 114m
18.00 Midnight's Children
21.00 Quartet

Sat 19 Jan
13.00 Quartet
15.30 The Impossible
18.00 Quartet
20.45 The Impossible

Sun 20 Jan
13.00 Death in Venice 131m
15.30 Quartet
18.00 The Impossible
20.30 Quartet

Mon 21 Jan
13.00 Quartet
15.15 Midnight's Children
18.15 Quartet
20.30 The Impossible

Tue 22 Jan
13.15 Quartet
15.30 Quartet
17.45 The Impossible
20.15 Midnight's Children

Wed 23 Jan
12.00 Midnight's Children
14.45 Quartet
16.45 The Impossible

Thu 24 Jan
13.15 Quartet
15.30 Midnight's Children
18.30 Quartet
20.45 The Impossible

Swap Shop this Saturday

TRANSITION Chichester's first Swap Shop of the year will be held on Saturday, January 19, at the new Jubilee Hall, New Park Road, Chichester, 10.30am to 1pm. Bring along any good quality unwanted items – books, toys, garden tools, clothing, ornaments, home-wares, DVDs included - and take anything away, all for free! Fairtrade cafe too with home-made cakes, soup and bread. All welcome.

'Tangmere and the World Air Speed Record'

Speaker – Mr. Pete Pitman.
Monday 28th January 2013.
7.45pm (doors open at 7.15pm)
The Chichester Park Hotel,
Madgewick Road,
Westhampnett, Chichester.
PO19 7QL.
(behind Sainsbury's, on the Chichester by-pass).

This first talk of the newly formed Arun & Chichester (Air) Enthusiasts Society (Air ACES), will be given by Mr. Pete Pitman. Pete is a leading authority on this subject, and he interjects his talk with some wonderful anecdotes.

His talks are always informative and enjoyable, as he explains in detail about this subject, and alongside he shows brilliant photographs.

This talk will enlighten all of the attendees, as to the important part that RAF Tangmere played, in helping Neville Duke to break the World Air Speed Record. Neville Duke broke the Air Speed Record in his red Hunter aircraft, which can still be seen in the Tangmere Military Museum. This record was set along the South Coast, between Bognor Regis & Rustington.

For more information on the talks, look at the web-site – www.airece.org.uk or email david.hatcock@virgin.net or telephone 01243 823007 (daytimes please) or just turn up on the 28th January 2013, where you will be welcomed.

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SATURDAY'S TV 19.01.13

Listings supplied by Press Association

CHOICE

Hazel Irvine

Live Snooker: The Masters
BBC2, 4.30pm
Hazel Irvine presents the second semi-final from Alexandra Palace London where the line-up for the final will be confirmed Shaun Murphy prevailed over two-time champion John Higgins with a 6-4 victory in his year's concluding semi-final earning him a chance to claim the title in a contest against Neil Robertson However it was the Thunder from Down Under who went on to win the prestigious trophy This year's draw meant that Murphy and Robertson could have met in the last four once again.

BBC1

6.00 Breakfast. **10.00** Saturday Kitchen Live. **11.20** The Great Dock. (R) **12.00** BBC News Regional News; Weather. **12.15** Football Focus. **1.00** Live Snooker: Thai Masters. **4.30** Final Score. **5.15** BBC News; Regional News; Weather. **5.30** Animal Antics.

6.00 **Richard Hammond's Secret Service.** The Rebtech-gamma show features Bill Oddie destroying a woman's garden as he presents a new TV programme and the people of Oxford being subjected to a dodgy lie-detector test.

6.45 **Britain's Brightest.** Clare Balding heads the gamma show, testing a challenge in which two players are locked in a medical room and have to solve the puzzles in order to blow the doors off.

8.00 **The National Lottery: In It to Win It.** Dale Winton presents this quiz in which five contestants put their wits to scoop a big cash prize.

8.50 **Casualty.** Jordan is desperate to keep Yvonne on the sapphire even as her condition deteriorates – until another patient forces him to reconsider his decision. A man steals from the ED.

9.00 **Mrs Brown's Boys.** Agnes tries to persuade Jim health visitor Grandad is in need of rest to earn JA).

10.10 **BBC News:** Weather.

10.30 **Match of the Day.** Including West Ham United v Queens Park Rangers. National Lottery Update.

11.50 **The Football League Show.** Highlights of today's games in the Championship, League One and League Two.

1.05 Weatherview. **1.10** BBC News.

BBC2

6.00 The Close. **6.30** Film: Night of Freedom (1943) Drama, starring Rosalind Russell. **8.10** Film: Sister Kenny (1946) A nurse discovers a treatment for polio, but struggles to convince the medical establishment that it will work Fact-based drama, starring Rosalind Russell and Alexander Knox. **10.00** A History of Britain by Simon Schama. (R) **11.00** Meet the Ancestors. **11.30** Mad Men. (R) **12.00** Indian Food Made Easy. (R) **12.30** Tales of Africa. (1963) Comedy, starring Maggie McNamara. **3.00** Count. (R) **3.30** Fry, Laurie & Jo. **4.30** Live Snooker: The Masters. Concluding coverage of the first semi-final from Alexandra Palace, London. **8.30** Winterwatch. **10.30** Big Freeze. 1963

8.30 **Dad's Army.** Capt. Mainwaring and the platoon are ordered to provide a guard of honour for a royal train passing through Walmington-on-Sea, but another locomotive confounds their plans. (R)

7.00 **Live Snooker: The Masters.** Hazel Irvine presents coverage of the second semi-final from Alexandra Palace, London, where the line-up for the final will be confirmed.

10.30 **Film: Doubt** (2008) A Bronx parish priest is a Catholic school suspects a charismatic priest of behaving inappropriately with a student. Drama with Meryl Streep, Philip Seymour Hoffman and Amy Adams.

12.10 Snooker Extra. Hazel Irvine presents highlights of the first Masters semi-final from Alexandra Palace, London, where the first entrant for the final was decided over the best of 11 frames.

ITV

6.00 ITV: Handy Manny. **6.10** Handy Manny. **6.25** The Hive. (R) **6.35** The Hive. (R) **6.40** Dino Dan. (R) **6.55** Dino Dan. (R) **7.15** Almost Naked Animals. (R) **7.15** Almost Naked Animals. (R) **7.30** Almost Naked Animals. (R) **7.40** Mad Hatter Chronicles. (R) **8.05** Ultimate Spider-Man. **8.30** Wallace and Gromit's Cracking Contraptions. **9.00** Jessie. **9.25** ITV News. **9.30** The Jeremy Kyle Show. **USA. 10.25** The Jeremy Kyle Show. **USA. 11.20** Saturday Countdown. **12.20** ITV News; Weather. **12.35** Murder She Wrote. (R) **1.35** My Family. Travels with Lynda Snodgrass. (R) **2.35** Dinner Date. (R) **3.35** River Monsters. (R) **4.05** Film: Garfield (2004) **5.30** Rag and Bone Programme. Weather. **5.45** ITV News; Weather.

8.00 **New York's Finest: Framed! Top 100 Windfrops.** Comedian Henry Hill narrates a countdown of 100 wedding themed camcorder calamities and viewer submitted mobile phone clips.

1.00 **Splash!** Five more celebrities including Linda Barker, Dom Joly, Anthony Ogogo and Tina Malone, learn how to dive with Tom Daley as they battle for two places in next week's semi-final.

9.30 **Take Me Out.** An accountant, a mixologist, a sales assistant and a historian enter the love pit in the hope of impressing 30 single women.

10.45 **The Jonathan Ross Show.** With Kimberley Walsh and Madness.

12.45 **ITV News:** Weather.

11.00 **Film: The Game** (1997) Thriller with Michael Douglas.

1.20 The Sun. **2.50** In Plain Sight. (R) **3.30** Pushing Daisies. (R) **4.15** ITV4's Unscreen.

CHANNEL 4

6.10 The Hoobs. (R) **6.35** The Hoobs. (R) **7.00** Beach Volleyball. **8.00** The Morning Line. **9.00** Everybody Loves Raymond. (R) **9.30** Everybody Loves Raymond. (R) **10.00** Frasier. (R) **10.30** Frasier. (R) **11.00** Undercover Boss Australia. (R) **12.00** The Big Bang Theory. (R) **12.30** The Big Bang Theory. (R) **12.55** The Simpsons. (R) **1.30** Channel 4 Racing. **4.30** Celebrity Come Dine with Me. Ireland. **4.40** Celebrity Come Dine with Me: Ireland. **5.10** Celebrity Come Dine with Me: Ireland. **5.45** Celebrity Come Dine with Me: Ireland.

6.10 **Celebrity Come Dine with Me: Ireland.** Comedian Joe Rooney annoys Gaffe Hudman Lee by painting the menu for his 6 rivals in five languages and as the evening draws to a close, the week's winner is revealed.

9.00 **Channel 4 News.**

10.00 **4thenight.tv.**

11.15 **Film: The Simpsons Movie.** (2007) Springfield faces destruction after pollution caused by Homer provokes the wrath of the US government. Animated comedy with the voices of Dan Castellaneta.

8.00 **World Without End.** A plan to rebuild the dinosaurs is hampered by the new Land of Wiglegh while Queen Isabella carries out a nefarious scheme to persuade the king to declare war on her enemies.

10.00 **Film: Saving Private Ryan.** (1998) Steven Spielberg's Second World War drama, starring Tom Hanks.

1.10 Film: Exit Through the Gift Shop (2010) **2.40** Hollyoaks. **4.50** Countdown. (R) **5.35** Baking Mad with Eric Lanlard. (R)

CHANNEL 5

6.00 Milkshake! Peppa Pig. **6.05** Rainy the Racing Car. (R) **6.15** Fifi and the Flowertots. (R) **6.25** Bert and Ernie's Great Adventures. (R) **6.30** The Mr Men Show. (R) **6.45** Olive the Ostrich. (R) **6.50** Alvin's Flying Fairy School. (R) **7.00** Postman Pat and Custard. (R) **7.10** Bananas in Pyjamas. (R) **7.20** Animal Antics. (R) **7.25** Make Way for Noddy. (R) **7.40** City of Friends. (R) **7.55** Little Princess. (R) **8.05** The Adventures of Paddington Bear. **8.30** The Best Friend Cure. (R) **8.35** Angelina Ballerina. (R) **8.45** Rupert Bear. (R) **8.50** Bing and Sheila's Little Kingdom. (R) **9.15** Toby's Travelling Circus. (R) **9.20** Rainy the Racing Car. (R) **9.45** Jelly Jamm. **10.00** Power Rangers Samurai. (R) **10.35** Batman: The Brave and the Bold. **11.10** Celebrity Big Brother's Bit on the Side. **12.15** Film: Loch Ness (1996) **2.10** Film: Muppets from Space (1999) **4.00** Film: Ben Hur (1925) **5.00** Film: Pearl Harbor (2001)

8.55 **8 Rows Weekend.**

9.00 **Celebrity Big Brother.** The ups and downs of life in the BB house as friendships and alliances are made, while lines are drawn and arguments erupt.

10.00 **Celebrity Big Brother's Bit on the Side.** Emma Willis and her guests discuss how the housemates are getting on.

11.00 **Film: The Recess Rainy** (2006) Comedy starring Anne Faris, Josh Hanks, Emma Stone and Kal Dennings.

1.00 SuperCasino. **4.00** Michaela's Wife Challenge. (R) **4.25** Great Artists. (R) **4.50** Country Sex. (R) **5.05** Hana's Helpline. (R) **5.15** The Michaela Show. (R) **5.40** Thomas & Friends. (R) **5.50** Rainy the Racing Car. (R)

DIGITAL

BBC Three
1.00 Merlin. **1.45** Doctor Who. **6.40** Top Gear. **8.45** Films: Con Air (1997) **11.30** Family Guy.

BBC Four
7.00 Lost Land of the Tiger. **8.00** A History of Ancient Rome: Columns. **9.00** Penguin. **11.00** Top of the Pops: 1978. **11.20** Top of the Pops: The Story of 1978.

ITV2
3.45 You've Been Framed! **5.45** Film: Babe (1995) **7.35** Film: The Incredible Hulk (2008) A scientist who transforms into a monster when angry is hunted by a general who wants to use him as a weapon. Comic-book adventure starring Edward Norton, Tim Roth and Liv Tyler, including Evil Day. **9.45** Take Me Out— The Gossip. **10.35** Fake Reunion. **11.15** Film: Gladiator (2000)

ITV3
3.30 Agatha Christie's Poirot. **5.35** Murder She Wrote. **6.30** Agatha Christie's Poirot. **8.00** The Best of the Royal Variety. **10.00** Film: Dangerous Liaisons (1964)

ITV4
2.30 Film: All Quiet on the Western Front (1979) **6.20** Live Air Race Updates. **8.30** Police Camera Action! **9.00** Film: Bank Wire (1996) **11.00** Film: Green Street (2005)

E4
5.00 Revenge. **6.00** The Big Bang Theory. **7.00** New Girl. **8.00** Film: Iron Man (2008) **10.25** The New Normal. **10.55** 2 Broke Girls. **11.20** My Mad Fat Diary.

Film4
3.00 Carry On Cabby (1963) **4.50** Aquamarine (2006) **6.55** Monster-in-Law (2005) **9.00** Road to Perdition (2002) Depression-era gangster drama, starring Tom Hanks. **11.20** Lolita (1997)

SUNDAY'S TV 20.01.13

CHOICE

Tony Robinson

Time Team
Channel 4, 5.25pm
After almost 20 years on the box, Tony Robinson's hit archaeology show will soon be history itself, but first there's a chance to enjoy this dip into the past with Hektor Rous, the son of "Aussie Earl" Keith Rous. He is keen to piece together the mysterious history of the family's Tudor country home in Suffolk. There's no shortage of intriguing stories buried in its past, such as the tale of a drunken butler who supposedly set fire to Henham Hall's wine cellar in 1773, sending the place up in flames. Can Tony and the team piece together the family home's history.

BBC1

8.00 Breakfast. **1.40** Match of the Day. **9.00** Thr Andrew Marr Show. **10.00** The Big Questions. **11.00** Sunday Politics. Weather for the Week Ahead. **12.20** Countryfile. (R) **1.20** Organ Hunt. **2.20** Escape to the Country. (R) **3.20** Chatsworth. (R) **4.20** Film: On **4.30** Songs of Praise. **5.05** Alpacas. (R)

8.05 **BBC News:** Regional News; Weather.

6.30 **Standings.** Comedy heroes Peterson Joseph and Lolly Adefope present a mini-tv to be involved in an obnoxious marriage, while Trudi and Sistie Evangelina deliver a baby on board a cargo ship.

7.00 **Ripper Street.** The disarming of a mine for a new railway reveals mysterious mining dealing the team to a web of conspiracy involving a local councillor, an asylum doctor and Long Susan.

10.00 **BBC News:** Regional News; Weather.

10.25 **Match of the Day 2.** Including Chelsea v Arsenal.

11.25 **Room 101 – Extra Storage.** With Greg Davies, Ben Fogle and Janet Street-Porter.

12.05 The Celebrity Apprentice USA. **1.35** Weatherview. **1.35** News.

BBC2

6.00 Close. **6.55** Film: Mine Not the Lonely Heart. (1944) Drama, starring Cary Grant. **8.45** Life in a Cottage Garden with Carol Klein. (R) **9.15** A to Z of TV Gardening. **10.00** Salisbury Kitchen: Best Bites. **11.00** The Little Paris Kitchen: Cooking with Rachel Khoo. (R) **12.00** EastEnders. (R) **1.55** Live Snooker: The Masters. Coverage of the opening eight frames of the final from Alexandra Palace, London. **4.45** Ski Sunday. **5.30** Pingu.

6.30 **Orbit: Earth's Extraordinary Journey.** The planet's yearly trip around the sun and the effects it has on its inhabitants, beginning by covering the period from only 3m minutes before December 21.

7.30 **Family Towers.** A party of German guests arrives in stay and Basil resolves to ensure everyone is on their best behaviour. Last in the series. (R)

8.00 **Live Snooker: The Masters.** Hazel Irvine presents concluding coverage of the final from Alexandra Palace, London, where a maximum of 11 frames will be played to decide this year's champion.

11.00 **Film: There Will Be Blood.** (2007) A prospector is single-minded pursuit of wealth leads him into conflict with a priest over control of an oil-rich town. Historical drama, starring Daniel Day-Lewis.

1.30 Sign Zone: Hetty City. Jac Jeapordises her relationship with Jonny. Serena finds her position threatened by a competitor, and Chrissie has a health scare but is reluctant to confide in Sacha. (R) **2.30** Will You Thank You Are? Singer Annie Lennox researches her ancestry. (R) **3.30** Close.

ITV

6.00 ITV: Handy Manny. **6.10** Handy Manny. **6.25** The Hive. (R) **6.35** The Hive. (R) **6.40** Dino Dan. (R) **6.55** Dino Dan. (R) **7.05** Almost Naked Animals. (R) **7.15** Almost Naked Animals. (R) **7.30** Almost Naked Animals. (R) **7.40** Mad Hatter Chronicles. (R) **8.05** Patrol A for Awesome. **8.15** Patrol A for Awesome. **8.30** Time Rush. **9.00** The Aquabats Super Show. **9.25** ITV News. **9.30** There's No Taste Like Home. **10.30** Mitchell & Webb. (R) **11.30** May the Best House Win: Week in France. (R) **12.30** ITV News; Weather. **12.40** Countryside. **12.55** Dickinson's Real Deal. (R) **1.55** Rosemary & Thyme. (R) **2.55** Murder She Wrote. (R) **3.55** Film: Nanny McPhee. (2005) **5.45** Regional Programme; Weather.

8.00 **ITV News:** Weather.

8.15 **Dancing on Ice.** The 10 remaining stars go head to head in duels with the judges deciding which of the couples is safe and who will receive private video to help them avoid the skate-off.

7.45 **All Star Family Fortunes.** With Paraflynn Rhamphlin, Jenna Pencock and Louise Women's Sherne Hewson.

8.30 **Dancing on Ice: The Skate Off.** The two lowest-scoring couples compete.

9.00 **Mr Selfridge.** Harry leaves some of his staff a little shocked when he decides to set up a beauty counter near the front entrance, while Victor has a meeting at Agnes's affections.

10.00 **ITV News at Ten:** Weather.

10.15 **Film: The Bourne Ultimatum** (2007) Thriller starring Matt Damon.

12.15 The Store. **2.20** Monk. (R) **3.00** ITV Nightscreen.

CHANNEL 4

6.00 The Treacle People. (R) **6.10** The Hoobs. (R) **6.30** The Hoobs. (R) **7.00** Will & Grace. (R) **7.30** Everybody Loves Raymond. (R) **7.55** Everybody Loves Raymond. (R) **8.25** Frasier. (R) **8.55** Frasier. (R) **9.25** Sunday Brunch. **12.10** The Big Bang Theory. (R) **12.35** The Big Bang Theory. (R) **1.05** The Simpsons. (R) **1.35** The Simpsons. (R) **2.05** Film: Speed 2: Cruise Control (1997) **4.20** Deal or No Deal. **5.25** Time Team.

6.25 **Channel 4 News.**

6.55 **Alphabetical.** Members of the public reflect on forgotten issues.

1.00 **Come Dine with Me.** Finesse fanatic Lindsey Berry salesman Mark McMillan, hairdresser Jnr Wall and Michael Webster, former butler to the Queen, take up the dinner party challenge in the Lake District.

8.00 **Tea Hotel.** The staff encounter several problems as they prepare for Ladies' Night, and one of the bedrooms receives a last minute makeover as the inspector returns to assess the Grosvenor.

9.00 **Film: It's Complicated** (2009) Divorced lawyer and married couple are reminded of their son's college graduation, and begin a clandestine affair. Romantic comedy starring Meryl Streep, Alec Baldwin and Steve Martin.

11.20 **Bride Tide: Welcome to 2013.** Alex Zane presents 100 memorable internet clips. (R)

1.10 Film: Buffy the Vampire Slayer (1992) **2.40** Smallville. (R) **3.20** 5Celebrity. (R) **4.10** Deal or No Deal. (R) **5.05** Countdown. (R) **5.50** Baking Mad with Eric Lanlard. (R) **5.55** Sail Mail. (R)

CHANNEL 5

6.00 Milkshake! Peppa Pig. **6.05** Rainy the Racing Car. (R) **6.15** Fifi and the Flowertots. (R) **6.25** Bert and Ernie's Great Adventures. (R) **6.30** The Mr Men Show. (R) **6.45** Olive the Ostrich. (R) **6.50** Alvin's Flying Fairy School. (R) **7.00** Postman Pat and Custard. (R) **7.10** Bananas in Pyjamas. (R) **7.20** Animal Antics. (R) **7.25** Make Way for Noddy. (R) **7.40** City of Friends. (R) **7.55** Little Princess. (R) **8.05** The Adventures of Paddington Bear. **8.30** The Best Friend Cure. (R) **8.35** Angelina Ballerina. (R) **8.45** Rupert Bear. (R) **8.50** Bing and Sheila's Little Kingdom. (R) **9.15** Toby's Travelling Circus. (R) **9.20** Rainy the Racing Car. (R) **9.45** Jelly Jamm. **10.00** Power Rangers Samurai. (R) **10.35** Batman: The Brave and the Bold. **11.10** Celebrity Big Brother's Bit on the Side. **12.15** Film: Loch Ness (1996) **2.10** Film: Muppets from Space (1999) **4.00** Film: Ben Hur (1925) **5.00** Film: Pearl Harbor (2001)

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1.00 SuperCasino. **4.00** Michaela's Wife Challenge. (R) **4.25** Great Artists. (R) **4.50** Country Sex. (R) **5.05** Hana's Helpline. (R) **5.15** The Michaela Show. (R) **5.40** Thomas & Friends. (R) **5.50** Rainy the Racing Car. (R)

DIGITAL

BBC Three
1.00 Top 5 Greatest Dance Crazes. **7.05** Great Movie Mistakes. **8.00** TV: My Life in the Fourth Dimension. **9.00** Film: Pirates of the Caribbean: The Curse of the Black Pearl (2003) **10.00** Snog, Sex and Suspicions: Parents. **11.00** Family Guy. **11.45** American Dad!

BBC Four
7.00 Magnificent Machines. The Golden Age of the British Sports Car. **8.00** Film: In Which We Serve (1942) **9.50** Glen Campbell: The Rhinestone Cowboy. **10.00** Film: Lebanon (2009)

ITV2
3.50 Take Me Out. **5.00** Take Me Out— The Gossip. **5.45** Film: Bank to the Future (1945) **8.00** Til You've Been Framed! **9.00** The Magaluf Weekender. **10.00** Film: Hellboy II: The Golden Army (2008)

ITV3
3.30 Agatha Christie's Poirot. **5.35** Murder She Wrote. **6.30** Agatha Christie's Poirot. **8.00** The Best of the Royal Variety. **10.00** Film: Dangerous Liaisons.

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Monday

BBC1 6.00 Breakfast. 9.15 Wanted Down Under 10.00 Homes Under the Hammer. BBC News Weather 11.00 The Sheriffs Are Coming. 11.45 Cowboy Trap. BBC News Weather 12.15 Bargain Hunt. 1.00 BBC News. Weather 1.30 Regional News Weather 1.45 Doctors. 2.15 Father Brown. 3.00 Escape to the Country. 3.45 Perfection. 4.30 Antiques Road Trip. 5.15 Pointless. 6.00 BBC News Weather. 6.30 Regional News Programmes Weather. 7.00 The One Show. 7.30 Inside Out. BBC News Regional News. 8.00 EastEnders. Tanya tries to get rid of Kirsty once and for all. 9.30 Immigration Undercover. Panorama. 9.00 Miranda. 9.30 Mrs Brown's Boys. 10.00 BBC News. 10.25 Regional News Weather. 10.35 Have I Got Old News for You. 11.05 Brangelina. 11.35 The Graham Norton Show. (R) 12.25 The Celebrity Apprentice USA. 1.50 Weatherwise. 1.55 BBC News.

BBC2 5.00 Close. 8.00 Homes Under the Hammer. (R) 7.45 The Sheriffs Are Coming. (R) 7.50 Cowboy Trap. (R) 8.20 Sign Zone Don't Get Done Get Dem. (R) 8.05 MasterChef The Professionals. (R) 6.35 Return to Ferguson Estate. (R) 10.35 Click. 11.00 BBC News. 11.30 BBC World News. 12.00 Daily Politics. 1.00 Live Bowls. 5.15 Vintage Antiques Roadshow. (R) 6.00 Eggheads. 5.30 Great British Railway Journeys. 7.00 Heir Hunters. (R) 8.00 University Challenge. 8.30 The Great Comin Rebel Bake Off. 9.30 Jaguars Born Free. National World Special. 10.30 Newsnight. Weather 11.20 Lewisham Deptford Day. Snow's History of Railways. (R) 12.20 American Football. NFL Play-Offs. 1.30 Bowls. 8.30 Sign Zone Film 2013. (R) 2.50 Countryfile. (R) 3.45 Close 4.00 BBC Learning Zone.

ITV1 5.00 Daybreak. 8.30 Lorraine. 9.25 The Jeremy Kyle Show. 10.30 This Morning. 12.30 Loose Women. 1.30 ITV News Weather. 1.55 Regional News. Weather. 2.00 Dickinson's Real Deal. 3.00 The Alan Titchmarsh Show. 3.59 Regional Weather. 4.00 Tipping Point. 5.00 The Chase. 6.00 Regional News Weather. 6.30 ITV News Weather. 7.00 Emmerdale. 7.30 Coronation Street. 8.00 Cornwall with Caroline Quentin. 8.30 Coronation Street. 9.00 Whitstable. 10.00 ITV News at Ten Weather. 10.30 Regional News; Weather. 10.35 Les Miserables Movie Special. (R) 11.35 Mank. (R) 12.25 Jackpot247. 3.00 The Jeremy Kyle Show. (R) 4.45 ITV Nightscreen.

Channel 4 6.00 The Treacle People. 6.10 Make Do and Mend. 6.35 The Hooks. (R) 6.55 The Hooks. (R) 7.00 Will & Grace. (R) 7.30 According to Jim. (R) 7.55 Everybody Loves Raymond. (R) 8.30 Everybody Loves Raymond. (R) 9.00 Frasier. (R) 9.30 Frasier. (R) 10.00 Undercover Boss USA. (R) 11.00 A Place in the Sun Winter Sun. (R) 12.00 Channel 4 News Midday Summary. 12.05 Jamie's 15 Minute Meals. (R) 12.30 Food Unwrapped. (R) 1.00 Film Guy Fawkes: Treason Most Foul. (1959) Historical drama starring William Hartnell. 2.40 Countdown. 3.30 Face the Clock. 4.00 Deal or No Deal. 5.00 Four in a Bed. 5.30 Come Dine with Me. 6.30 The Simpsons. (R) 6.30 Hollyoaks. 7.00 Channel 4 News. 7.55 4thought.tv. 8.00 Supersize vs Superskinny. 9.00 The Undateables. An amateur poet goes on a blind date. 10.00 Utopia. 11.10 Out of 10 Cats. (R) 12.10 Random Acts. 12.15 European Poker Tour. 1.15 Sailing: America's Cup Uncovered. 1.40 KOTV Boxing Weekly. 2.10 Beach Volleyball. (R) 3.05 Fm. Mad Hot Ballroom. (2005) Documentary following a dancing contest between New York schoolchildren. 4.55 Deal or No Deal. (R) 5.30 Quick Bakes with Eric Lanlard. (R)

Channel 5 6.00 Milkshake! 9.15 The Wright Stuff. 11.10 All-New Tricia. 12.00 Looney Tunes. (R) 12.10 5 News Lunchtime. 12.15 Celebrity Big Brother. (R) 1.15 Home and Away. 1.45 Neighbours. 2.15 CSI: Miami. (R) 3.15 Film. Finding a Family. (2011) Premiere. Fact-based drama starring Jared Abrahamson. 5.00 5 News at 5. 5.30 Neighbours. (R) 6.00 Home and Away. (R) 6.30 5 News at 6.30. 7.00 Celebrity Builders. (R) 5 News Update. 8.00 The All New Gadget Show. 5 News at 9. 9.00 Celebrity Big Brother. The famous housemates continue their on-camera holiday. 10.00 Botched Up Bodies. (R) 11.00 Celebrity Big Brother's Bit on the Side. 12.00 Medium. (R) 1.00 SuperCasino. 3.55 House Doctor. (R) 4.45 Michaela's Wild Challenge. (R) 5.10 Wildlife SOS. (R)

Tuesday

BBC1 6.00 Breakfast. 9.15 Wanted Down Under. 10.00 Homes Under the Hammer. BBC News Weather 11.00 The Sheriffs Are Coming. 11.45 Cowboy Trap. BBC News Weather 12.15 Bargain Hunt. 1.00 BBC News. Weather. 1.30 Regional News Weather. 1.45 Doctors. 2.15 Father Brown. 3.00 Escape to the Country. 3.45 Perfection. 4.30 Antiques Road Trip. 5.15 Pointless. 6.00 BBC News Weather. 6.30 Regional News Programmes Weather. 7.00 The One Show. 7.30 EastEnders. BBC News Regional News. 8.00 Holby City. 9.00 Death in Paradise. 10.00 BBC News. 10.25 Regional News Weather. National Lottery Up Late. 10.35 Allinment Wan. 11.30 Film. Greenlingers. (2000) Fact-based comedy drama, starring Helen Mirren and Clive Owen. 12.55 Weatherwise. 1.00 BBC News.

BBC2 5.00 Close. 8.00 Homes Under the Hammer. (R) 7.05 The Sheriffs Are Coming. (R) 7.50 Cowboy Trap. (R) 8.20 Sign Zone Don't Get Done Get Dem. (R) 8.05 MasterChef The Professionals. (R) 10.05 You've Been Scammed. (R) 10.35 HARDtalk. 11.00 BBC News. 11.30 BBC World News. 12.00 Daily Politics. 1.00 Live Bowls. The World Indoor Championships. 5.15 Vintage Antiques Roadshow. (R) 6.00 Eggheads. 5.30 Great British Railway Journeys. 7.00 Heir Hunters. (R) 8.00 The Great Comic Relief Bake Off. 9.00 Lewisham: Dan Snow's History of Railways. 10.00 The Sarah Millican Television Programme. 10.30 Newsnight. Weather 11.20 Why the Industrial Revolution Happened Here. (R) 12.20 Bowls. 1.20 Sign Zone: The Battle for Maths. (R) 2.20 Natural's Historical Events. (R) 3.20 Close 4.00 BBC Learning Zone.

ITV1 6.00 Daybreak. 8.30 Lorraine. 9.25 The Jeremy Kyle Show. 10.30 This Morning. 12.30 Loose Women. 1.30 ITV News Weather. 1.55 Regional News. Weather. 2.00 Dickinson's Real Deal. 3.00 The Alan Titchmarsh Show. 3.59 Regional Weather. 4.00 Tipping Point. 5.00 The Chase. 6.00 Regional News Weather. 6.30 ITV News Weather. 7.00 Emmerdale. 7.30 Coronation Street. 8.00 Cornwall with Caroline Quentin. 8.30 Coronation Street. 9.00 Whitstable. 10.00 ITV News at Ten Weather. 10.30 Regional News; Weather. 10.35 Les Miserables Movie Special. (R) 11.35 Mank. (R) 12.25 Jackpot247. 3.00 The Jeremy Kyle Show. (R) 4.45 ITV Nightscreen.

Channel 4 6.00 The Treacle People. 6.10 Make Do and Mend. 6.35 The Hooks. (R) 6.55 The Hooks. (R) 7.00 Will & Grace. (R) 7.30 According to Jim. (R) 7.55 Everybody Loves Raymond. (R) 8.30 Everybody Loves Raymond. (R) 9.00 Frasier. (R) 9.30 Frasier. (R) 10.00 Undercover Boss USA. (R) 11.00 A Place in the Sun Winter Sun. (R) 12.00 Channel 4 News Midday Summary. 12.05 Jamie's 15 Minute Meals. (R) 12.30 Food Unwrapped. (R) 1.00 Film Carry On Sergeant. (1958) Comedy starring William Hartnell. 2.40 Countdown. 3.30 Face the Clock. 4.00 Deal or No Deal. 5.00 Four in a Bed. 5.30 Come Dine with Me. 6.30 The Simpsons. (R) 6.30 Hollyoaks. 7.00 Channel 4 News. 7.55 4thought.tv. 8.00 Supersize vs Superskinny. 9.00 The Undateables. An amateur poet goes on a blind date. 10.00 Utopia. 11.10 Out of 10 Cats. (R) 12.10 Random Acts. 12.15 European Poker Tour. 1.15 Sailing: America's Cup Uncovered. 1.40 KOTV Boxing Weekly. 2.10 Beach Volleyball. (R) 3.05 Fm. Mad Hot Ballroom. (2005) Documentary following a dancing contest between New York schoolchildren. 4.55 Deal or No Deal. (R) 5.30 Quick Bakes with Eric Lanlard. (R)

Channel 5 6.00 Milkshake! 9.15 The Wright Stuff. 11.10 All-New Tricia. 12.00 Looney Tunes. (R) 12.10 5 News Lunchtime. 12.15 Celebrity Big Brother. (R) 1.15 Home and Away. 1.45 Neighbours. 2.15 NCIS. (R) 3.15 Film. Mary Higgins Clark's Moonlight Becomes You. (1994) Mystery thriller starring Dennis Mills. 5.00 5 News at 5. 5.30 Neighbours. (R) 6.00 Home and Away. (R) 6.30 5 News at 6.30. 7.00 Celebrity Builders. (R) 5 News Update. 8.00 Celebrity Big Brother. The famous housemates continue their on-camera holiday. 10.00 Botched Up Bodies. (R) 11.00 Celebrity Big Brother's Bit on the Side. 12.00 Medium. (R) 1.00 SuperCasino. 3.55 House Doctor. (R)

Wednesday

BBC1 6.00 Breakfast. 9.15 Wanted Down Under. 10.00 Homes Under the Hammer. BBC News Weather 11.00 The Sheriffs Are Coming. 11.45 Cowboy Trap. BBC News. Weather. 12.15 Bargain Hunt. 1.00 BBC News. Weather. 1.30 Regional News Weather. 1.45 Doctors. 2.15 Father Brown. 3.00 Escape to the Country. 3.45 Perfection. 4.30 Antiques Road Trip. 5.15 Pointless. 6.00 BBC News Weather. 6.30 Regional News Programmes Weather. 7.00 The One Show. 7.30 EastEnders. BBC News Regional News. 8.00 The Real Inspectors. 9.00 Alice. 10.00 BBC News. 10.25 Regional News Weather. National Lottery Update. 10.35 A Question of Sport. 11.05 The League Cup Show. 11.50 Film 2013. 12.25 Film. Cabaret. (1972) Oscar-winning musical, starring Liza Minnelli. 2.25 Weatherwise. 2.30 BBC News.

BBC2 5.00 Homes Under the Hammer. (R) 7.05 The Sheriffs Are Coming. (R) 7.50 Cowboy Trap. (R) 8.15 Sign Zone Don't Get Done Get Dem. (R) 6.00 MasterChef The Professionals. (R) 10.00 You've Been Scammed. (R) 10.30 Live Bowls. The World Indoor Championships. 1.10 Live Bowls. The World Indoor Championships. 5.10 Vintage Antiques Roadshow. (R) 5.55 Party Political Broadcast. 6.00 Eggheads. 6.30 Great British Railway Journeys. 7.00 Heir Hunters. (R) 8.00 The Great Comic Relief Bake Off. 9.00 Funny Business. 10.00 The Culture Show. 10.30 Newsnight. Weather 11.20 Tanks: Tank Heroes of WWII. (R) 12.20 Bowls. 1.20 The Culture Show. (R) 1.50 Sign Zone Dam O Brains Science Club. (R) 2.20 Natural's Weirdest Events. (R) 3.20 Sign Zone Hair. (R) 3.50 Close 4.00 BBC Learning Zone.

ITV1 6.00 Daybreak. 8.30 Lorraine. 9.25 The Jeremy Kyle Show. 10.30 This Morning. 12.30 Loose Women. 1.30 ITV News Weather. 1.55 Regional News; Weather. 2.00 Dickinson's Real Deal. 3.00 The Alan Titchmarsh Show. 3.59 Regional Weather. 4.00 Tipping Point. 5.00 The Chase. 6.00 Regional News Weather. 6.25 Party Political Broadcast. 6.30 ITV News Weather. 7.00 Coronation Street. 7.30 The National Television Awards 2013. 10.00 ITV News at Ten Weather. 10.30 Regional News Weather. 10.35 Inside Death Row with Trevor McDonald. (R) 11.35 Sultan Vet School. (R) 12.30 Film. Sherlock Holmes and the Secret Weapon. (1942) Fact-based Second World War drama starring Charlton Heston. 8.30 ITV Nightscreen.

Channel 4 6.00 The Treacle People. 6.10 Make Do and Mend. 6.35 The Hooks. (R) 6.55 The Hooks. (R) 7.00 Will & Grace. (R) 7.30 According to Jim. (R) 7.55 Everybody Loves Raymond. (R) 8.30 Everybody Loves Raymond. (R) 9.00 Frasier. (R) 9.30 Frasier. (R) 10.00 Undercover Boss USA. (R) 11.00 A Place in the Sun Winter Sun. (R) 12.00 Channel 4 News Midday Summary. 12.05 Jamie's 15 Minute Meals. (R) 12.30 Food Unwrapped. (R) 1.00 Film Murder at the Gallop. (1963) Miss Marple mystery starring Margaret Rutherford. 2.40 Countdown. 3.30 Face the Clock. 4.00 Deal or No Deal. 5.00 Four in a Bed. 5.30 Come Dine with Me. 6.30 The Simpsons. (R) 6.30 Hollyoaks. 7.00 Channel 4 News. 7.55 4thought.tv. 8.00 Supersize vs Superskinny. 9.00 The Undateables. An amateur poet goes on a blind date. 10.00 Utopia. 11.10 Out of 10 Cats. (R) 12.10 Random Acts. 12.15 European Poker Tour. 1.15 Sailing: America's Cup Uncovered. 1.40 KOTV Boxing Weekly. 2.10 Beach Volleyball. (R) 3.05 Fm. Mad Hot Ballroom. (2005) Documentary following a dancing contest between New York schoolchildren. 4.55 Deal or No Deal. (R) 5.30 Quick Bakes with Eric Lanlard. (R)

Channel 5 6.00 Milkshake! 9.15 The Wright Stuff. 11.10 All-New Tricia. 12.00 Looney Tunes. (R) 12.10 5 News Lunchtime. 12.15 Celebrity Big Brother. (R) 1.15 Home and Away. 1.45 Neighbours. 2.15 CSI: Miami. (R) 3.15 Film. Heart of a Stranger. (2002) Drama starring Jane Seymour. 5.00 5 News at 5. 5.30 Neighbours. (R) 6.00 Home and Away. (R) 6.30 5 News at 6.30. 7.00 Ice Road Truckers. (R) 5 News Update. 8.00 Charley Boorman's South African Adventure. 9.00 Celebrity Big Brother. Live Eviction. 10.30 Celebrity Big Brother's Bit on the Side. 11.30 Film. Alien Hunter. (2003) 1.15 SuperCasino. 3.55 House Doctor. (R)

Thursday

BBC1 6.00 Breakfast. 9.15 Wanted Down Under. 10.00 Homes Under the Hammer. BBC News Weather 11.00 The Sheriffs Are Coming. 11.45 Cowboy Trap. BBC News. Weather. 12.15 Bargain Hunt. 1.00 BBC News. Weather. 1.30 Regional News Weather. 1.45 Doctors. 2.15 Father Brown. 3.00 Escape to the Country. 3.45 Perfection. 4.30 Antiques Road Trip. 5.15 Pointless. 6.00 BBC News Weather. 6.30 Regional News Programmes Weather. 7.00 The One Show. 7.30 EastEnders. BBC News Regional News. 8.00 Waterloo Road. 9.00 Silent Witness. 10.00 BBC News. 10.25 Regional News. Weather. 10.35 Film. Sweet Home. 11.35 This Week. 12.20 Film. Presumed Innocent. (1990) Mystery thriller starring Harrison Ford. 2.35 Sailing Weatherwise. 2.30 BBC News;

BBC2 5.00 Close. 8.00 Homes Under the Hammer. (R) 7.05 The Sheriffs Are Coming. (R) 7.50 Cowboy Trap. (R) 8.20 Sign Zone Don't Get Done Get Dem. (R) 9.05 MasterChef The Professionals. (R) 10.05 Robbed. Reided. Reunited. (R) 10.35 HARDtalk. 11.00 BBC News. 11.30 BBC World News. 12.00 Daily Politics. 1.00 Live Bowls. Coverage of the women's singles 1 rink. 5.15 Vintage Antiques Roadshow. (R) 6.00 Eggheads. 6.30 Great British Railway Journeys. 7.00 Heir Hunters. (R) 8.00 The Great Comic Relief Bake Off. 8.30 The Demise of Invention. 10.00 Work the Week Again. (R) 10.30 Newsnight. Weather 11.20 Tankies: Tank Heroes of WWII. (R) 12.20 Bowls. 1.20 The Culture Show. (R) 1.50 Sign Zone Immigration Undercover. Panorama. (R) 2.20 Queen Victoria's Children. (R) 3.00 Close 3.55 BBC Learning Zone.

ITV1 6.00 Daybreak. 8.30 Lorraine. 9.25 The Jeremy Kyle Show. 10.30 This Morning. 12.30 Loose Women. 1.30 ITV News Weather. 1.55 Regional News; Weather. 2.00 Dickinson's Real Deal. 3.00 The Alan Titchmarsh Show. 3.59 Regional Weather. 4.00 Tipping Point. 5.00 The Chase. 6.00 Regional News. Weather. 6.30 ITV News Weather. 7.00 Emmerdale. 7.30 How Much Could You Save? Tonight. 8.00 Emmerdale. 8.30 Nursing the Nation. 9.00 Inside Death Row with Trevor McDonald. 10.00 ITV News at Ten. Weather. 10.30 Regional News Weather. 10.35 The Jonathan Ross Show. 11.35 The Golden Rules of TV. (R) 12.10 Jackpot247. 3.00 How Much Could You Save? Tonight. (R) 3.25 The Jeremy Kyle Show. (R) 4.00 ITV Nightscreen.

Channel 4 6.00 The Treacle People. 6.10 Make Do and Mend. 6.35 The Hooks. (R) 6.55 The Hooks. (R) 7.00 Will & Grace. (R) 7.30 According to Jim. (R) 7.55 Everybody Loves Raymond. (R) 8.25 Everybody Loves Raymond. (R) 8.55 Frasier. (R) 9.30 Frasier. (R) 10.00 Undercover Boss USA. (R) 11.00 A Place in the Sun Winter Sun. (R) 12.00 Channel 4 News Midday Summary. 12.05 Jamie's 15 Minute Meals. (R) 12.30 Food Unwrapped. (R) 1.00 Film The Spiders. (1955) Western starring Anne Baxter. 2.40 Countdown. 3.30 Face the Clock. 4.00 Deal or No Deal. 5.00 Four in a Bed. 5.30 Come Dine with Me. 6.30 The Simpsons. (R) 6.30 Hollyoaks. 7.00 Channel 4 News. 7.55 4thought.tv. 8.00 Fist Fight. 9.00 Location Location Location. 10.00 The Restoration Man. 10.00 Fake Take. 11.05 Random Acts. 11.10 The Undateables. (R) 12.10 What Happens In Kenes. (R) 1.10 MotherTruckers. (R) 2.00 Secrets of Your Supermarket Shop. Channel 4 Dispatches. (R) 2.30 Time Team. (R) 3.25 The Churchills. (R) 4.25 Deal or No Deal. (R) 5.15 Countdown. (R)

Channel 5 6.00 Milkshake! 9.15 The Wright Stuff. 11.10 All-New Tricia. 12.00 Looney Tunes. (R) 12.10 5 News Lunchtime. 12.15 Celebrity Big Brother Eviction. (R) 1.15 Home and Away. 1.45 Neighbours. 2.15 The Mentalist. (R) 3.15 Film. Hart's War. (2006) Crime drama, starring Victoria Pratt. 5.00 5 News at 5. 5.30 Neighbours. (R) 6.00 Home and Away. (R) 6.30 5 News at 6.30. 7.00 Great Northern Cookbook. 8.00 Building the Ice Hotel. (R) 5 News at 9. 9.00 Celebrity Big Brother. Mush from the star studded house. 10.00 Fighters' Wives. The World of MMA. The lives of women whose partners are involved in mixed martial arts. 11.00 Celebrity Big Brother's Bit on the Side. 12.00 SuperCasino. 3.55 House Doctor. (R)

Friday

BBC1 6.00 Breakfast. 9.15 Wanted Down Under. 10.00 Homes Under the Hammer. BBC News Weather 11.00 The Sheriffs Are Coming. 11.45 Cowboy Trap. BBC News; Weather. 12.15 Bargain Hunt. 1.00 BBC News. Weather. 1.30 Regional News Weather. 1.45 Doctors. 2.15 Father Brown. 3.00 Escape to the Country. 3.45 Perfection. 4.30 Antiques Road Trip. 5.15 Pointless. 6.00 BBC News; Weather. 6.30 Regional News Programmes. Weather. 7.00 The One Show. 7.30 A Question of Sport. (R) BBC News Regional News. 8.00 EastEnders. 8.30 Room 101. 9.00 Silent Witness. 10.00 BBC News. Weather. 10.25 Regional News Weather. National Lottery Update. 10.35 The Graham Norton Show. 11.25 Film. She's Out of My League. (2010) Premiere. Romantic comedy starring Jay Baruchel. 1.00 Weatherwise 1.00 BBC News.

BBC2 6.00 Homes Under the Hammer. (R) 7.00 The Sheriffs Are Coming. (R) 7.50 Cowboy Trap. (R) 8.15 Sign Zone Don't Get Done Get Dem. (R) 9.00 Antiques Roadshow. (R) 10.00 Question Time. (R) 11.00 BBC News. 11.30 BBC World News. 12.00 Daily Politics. 1.00 Live Bowls. The World Indoor Championships quarter-finals. 5.15 Vintage Antiques Roadshow. (R) 6.00 Eggheads. 6.30 Great British Railway Journeys. 7.00 Heir Hunters. (R) 8.00 Newsnight. 8.30 Lie in a Cottage Garden with Carol Klein. 9.00 Italy Unpacked. 10.00 QI. (R) 10.30 Newsnight. 11.00 The Review Show. 11.35 Weather. 11.50 Film: Treads Jr. (2012) Comedy drama, starring Aidan Gillen and Tom Fisher. 1.10 Bowls. 2.10 Sign Zone Question Time. (R) 3.10 Close

ITV1 6.00 Daybreak. 8.30 Lorraine. 9.25 The Jeremy Kyle Show. 10.30 This Morning. 12.30 Loose Women. 1.30 ITV News Weather. 1.55 Regional News; Weather. 2.00 Dickinson's Real Deal. 3.00 The Alan Titchmarsh Show. 3.59 Regional Weather. 4.00 Tipping Point. 5.00 The Chase. 6.00 Regional News. Weather. 6.30 ITV News Weather. 7.00 Emmerdale. 7.30 Coronation Street. 8.00 Will Nolan with Ray Mears. 8.00 Coronation Street. 9.00 Great Night Out. 10.00 ITV News at Ten. Weather. 10.30 Regional News; Weather. 10.35 The Cleopatra Bluff. (1956) Crime drama with Clint Eastwood. 12.20 Jackpot247. 3.00 Film. Carry On Malvan. (1972) Comedy, starring Sid James. 4.30 ITV Nightscreen.

Channel 4 6.00 Quick Bakes with Eric Lanlard. (R) 6.30 Bait Mall. (R) 5.40 The Hooks. (R) 6.55 The Hooks. (R) 7.05 Will & Grace. (R) 7.30 According to Jim. (R) 7.55 Everybody Loves Raymond. (R) 8.25 Everybody Loves Raymond. (R) 8.55 Frasier. (R) 9.30 Frasier. (R) 10.00 Undercover Boss USA. (R) 11.00 A Place in the Sun Winter Sun. (R) 12.00 Channel 4 News Midday Summary. 12.05 Jamie's 15 Minute Meals. (R) 12.30 Food Unwrapped. (R) 1.00 Film: The Spiders. (1955) Western starring Anne Baxter. 2.40 Countdown. 3.30 Face the Clock. 4.00 Deal or No Deal. 5.00 Four in a Bed. 5.30 Come Dine with Me. 6.30 The Simpsons. (R) 6.30 Hollyoaks. 7.00 Channel 4 News. 7.55 4thought.tv. 8.00 Fist Fight. 9.00 Location Location Location. 10.00 The Restoration Man. 10.00 Fake Take. 11.05 Random Acts. 11.10 The Undateables. (R) 12.10 What Happens In Kenes. (R) 1.10 MotherTruckers. (R) 2.00 Secrets of Your Supermarket Shop. Channel 4 Dispatches. (R) 2.30 Time Team. (R) 3.25 The Churchills. (R) 4.25 Deal or No Deal. (R) 5.15 Countdown. (R)

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This week's crossword - Clues

Across

1 Meal (6)
4 Peril (6)
9 Distance round (13)
10 Go before (7)
11 Tend (5)
12 Decree (6)
14 Did business (5)
18 Happen (5)
19 Swiss lake (7)
21 Receptacle for dossiers (6,7)
22 Straight (6)
23 Call to help (6)

Down

1 Formula (6)
2 Upright (13)
3 Relish (5)
5 Dispose (7)
6 Spanish dictator (7,6)
7 Staggered (6)
8 Bid (5)
13 Lasting a long time(7)
15 Took off (6)
16 Lax (6)
17 Kindly (6)
20 Hut (5)

Last week's solution

ACROSS 1 INVERTEBRATE 7 MIGHT 8 QUERY 9 PIT 10 ARCHITECT 11 REFUSE 12 FILTER, 15 EFFECTIVE 17 ADO 18 CHINA 19 PILOT 21 INTELLIGIBLY

DOWN 1 INEXPERIENCE 2 RIG 3 ENTICE 4 REQUISITE 5 THERE 6 MYSTERIOUSLY 7 MOTIF 10 ASSOCIATE 13 TRAIT 14 DISPEL 16 FEIGN 20 LAG

Food & Drink

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European suppliers blamed for horse meat found in beef products

SUPPLIERS in continental Europe are suspected of being the source of horse meat found in beef products by a processing firm has claimed

Scientific tests found traces of horse DNA in burgers on sale in some of the UK and Ireland's leading supermarkets.

The Food Safety Authority of Ireland (FSAI) found low levels of horse in beef products sold in Tesco, Lidl, Aldi, Iceland and Dunnes Stores

Burger products which tested positive for horse DNA were produced by Liffey Meats and Silvercrest Foods in Ireland and one UK plant, Dalepak Hambleton

Silvercrest, a subsidiary of ABP Foods, said it was pulling products from sale and replacing them with new lines

"Following tests carried out by the Food Safety Authority of Ireland, we have been alerted to frozen beefburgers which contain porcine and equine DNA," said a spokesman

"Although the products pose no risk to public health, Silvercrest has taken immediate action to isolate, withdraw and replace all suspect product.

"Silvercrest has never purchased or traded in equine product and has launched a full-scale investigation into two continental European third party suppliers who are the suspected source of the product in question."

According to the research by the FSAI, one sample – Tesco Everyday Value Beef Burgers – showed about 29% horse meat relative to beef content.

Professor Alan Reilly, chief executive of the FSAI, said there was no health risk but also no reasonable explanation for horse meat to be found.

"Whilst there is a plausible explanation for the presence of pig DNA in these products due to the fact that meat from different animals is processed in the same meat plants, there is no clear explanation at this time for the presence of horse DNA in products emanating from meat plants that do not use horse meat in their production process," Prof Reilly said

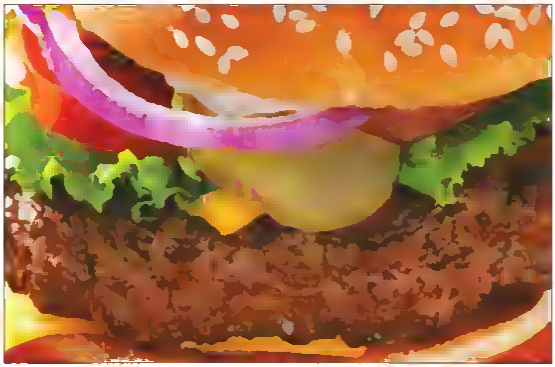
"In Ireland, it is not in our culture to eat horse meat and therefore we do not expect to find it in a burger."

The retailers have told food safety chiefs they are removing all implicated products from their shelves

Prof Reilly said traces of other meats would be unacceptable for people who may not eat certain food on religious grounds.

The FSAI analysed 27 beefburger products with best before dates from last June to March 2014 with 10 of the 27 products - 37 per cent - testing positive for horse DNA and 85 per cent testing positive for pig DNA.

Some 31 beef meal products such as



cottage pie, beef curry pie and lasagne were tested, with 21 found to be positive for pig DNA. All tested negative for horse meat.

Traces of horse DNA in imported products from Netherlands and Spain. Another 19 salami products were tested but showed no signs of horse DNA.

The FSAI analysis also found traces of horse DNA in batches of raw ingredients, including some imported from the Netherlands and Spain.

Offending burgers had been sold in Tesco stores in Ireland and the UK. Tim Smith, group technical director at Tesco, said "Today we were informed that the Food Safety Authority of Ireland (FSAI) has found that a number of beef products they have recently tested contained horse DNA.

"These included two frozen beef burger products sold by Tesco in both the UK and Ireland. Products sold at other retailers were also discovered to contain horse DNA.

3.5 million Brits having a 'dry January'

AROUND 3.5 million Brits have made a resolution to give up alcohol for the whole of January 2013, according to research by Mintel.

Around 2 million more people however, have decided that they will give up alcohol for at least part of January - but perhaps not for the whole month.

Men seem nearly twice as determined to have a completely sober month than women, as 9% say they will last for the whole of January (compared with 5% of women).

This 'mini' New Year's resolution is most popular among the young, as 14% of 18-34 year olds plan to quit boozing for the first month of the year at the very least. They're over twice as likely as 35-54 year-olds (6%) and seven times more likely than the over-55s (2%) to want to do this.

Of those determined to make it through the whole of January without drinking, 75% are confident they'll achieve their goal.

Ian Williams of Mintel said: "It can be difficult to keep a resolution for a whole year - which is perhaps why many are turning to shorter, mini resolutions like dry January.

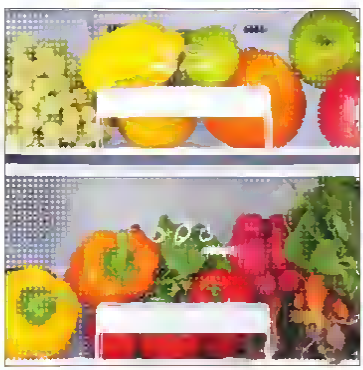
"Stopping drinking for a month can give you a good idea of how it might make you feel - as well as how much money you could save in the longer term.

"For example, the recommended maximum alcohol intake for men is 21 units (about 10 pints) per week. So if you usually drink an average of ten pints per week in your local pub at £3.00 per pint you could save around £30 per week – or £120 in the whole of January.

"Once you've freed up this extra money in your budget, you could start saving it. If you manage to keep it up for a year you could have enough for the holiday of your dreams – or a substantial emergency savings pot.

"Of course, many will welcome a ripple come February – but it is a good example of how cutting down in certain areas can really make a difference to your budget in the long run."

Love Food Hate Waste: Top tips for saving money



EVERY YEAR, nearly 7.2 million tonnes of food is thrown away in the in the UK – worth around £12 billion.

So all throughout January, we're backing Love Food Hate Waste – to help you save money while protecting the environment too.

There are loads of things we can all do to make our food and money go further – storing it the right way is a great place to start.

Try the ideas below to help keep food fresher and further for longer.

Bread: Store bread in a cupboard and once opened fold the wrapper under the loaf or re-tie to keep it air-tight.

Potatoes: Remove from their plastic bag as can make them 'sweat' and store them in a cool, dark place.

Tomatoes: For optimum taste tomatoes should be stored and served at room temperature rather than the fridge.

Fruit: Ripe fruit will last longer in the fridge, except bananas and pineapples – keep them in the fruit bowl.

Meat and fish: Cooked meat and fish will keep in the fridge for up to three days – cool and leave no longer than 90 minutes, then wrap it well.

And using your freezer more can help save time, money and effort too! As well as freezing leftovers, use it to store reduced items or multi-buy offers on bread, meat, fish and fruit. And keep your fridge temperature below 5°C – if it's too warm food won't last as long as it could.

Another great idea is to re-use your leftover food to make new and exciting meals!

the ship chichester
MENU
TODAY
all at £12.50
Monday • Chilli Con Carne
Tuesday • Beef and Mushroom Stroganoff
Wednesday • Coq au Vin
Thursday • Wild Boar Sausages and Mash
Friday • Plaice Meuniere
Saturday • Cajun Chicken Burger
Sunday • Roast Sirloin of Beef
Please see other daily dishes on our blackboards
SHARERS
The Ship's Plank
£25 for 2
Smoked trout crumble cola baked chicken wings potted venison with prune chutney, mini burgers, king prawn cocktail, parmesan straws buck rarebit chilli con carne and sour cream hand cut chips red cabbage sauerkraut soup shot bread board olive oil and balsamic vinegar
Vegetarian Plank
£20 for 2
Tempura oyster mushrooms with saffron aioli buck rarebit vegetable chilli and sour cream hand cut chips feta stuffed bell peppers parmesan straws broccoli chilli and pine nut salad soup shot red cabbage sauerkraut bread board olive oil and balsamic vinegar
Whole baked Camembert truffle oil
£9.95 for 2
cumberland sauce & breads
Chestnut Tree House Restaurant Challenge
At this important time of the year we are aiming to again raise a substantial amount for our local children's hospice, Chestnut Tree House. We hope you will wish to help us to support this amazing organisation. Today we would like to add an optional £1 to your bill. 100% of this donation will go directly to the hospice. Thank you in advance for you kind donation
Chestnut Tree House
Children's Hospice Care
STARTERS
Soup of the Day £4.95
Smoked trout crumble £5.95
Potted venison £6.50
Cumberland sauce pumpkin seed bread
Grilled sardines garlic butter £6.25
Black pudding croquette £5.95
Poached egg and prune chutney
King prawn and salmon cocktail £7.25
Grilled goats cheese £6.25
Micro herb salad creamed oyster mushroom
Seared scallops spinach puree £7.95/£15.50
Parmesan and pancetta crisps
MAIN COURSES
Vegetarian Dishes
Trio of Chicken poached drumstick, sauteed breast, fried oyster cut, asparagus and potato cream £14.50
£12.50
Seafarers fish and chips, peas and tartare sauce £14.25
Fennel seed rolled park fillet, maple glazed pears £11.95
k topping
'I have to say the food is EXCELLENT, high quality and good value'
'Loads of flavour and good value'
'Really welcoming staff, great food and an excellent night'
'Can't wait to return'
'A little gem in the heart of the city'
'Superb food topped with excellent service'
'Many thanks to everyone for making the evening great'
'The staff could not do enough to please us and the food was 2nd to none'
'I am a regular at the hotel and always find it a fantastic place to go for food and drink'
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Fighting back in 2013!

Denise Kelly

LETS get re control of nur lives – Whatever rhallenges you are facing regarding your health there is a heap of research and help out there to suggest you can play a vital role in your recavery, but you have to really want to and be motivated to do whatever it takes to get well again

Each year there are more than 240,000 new cases of prostate cancer diagnosed If caught early, it is highly treatable and the overall outlook is good. Currently in the US alone there are more than 2 million prostate cancer survivors Here in the UK 51% of men survive this disease with the right help and treatment

The prognosis for prostate cancer is very good provided that the cancer has not metastasized meaning it has not spread to other areas of the body When it is confined to the prostate and surrounding tissue the survival rate is high Only about 4 percent of cases are diagnosed in the extremely late stage where the cancer is harder to treat because of spreading to other parts of the body

With routine screening prostate cancer can be detected as early as possible With treatment, prostate cancer survivors can move on with their lives in good health and never look back.

It has been stated that a high fiber diet may have the clinical potential to control the progress of prostate cancer in patients diagnosed in early stages of the disease

I found it really interesting to read that the rate of prostate cancer occurrence in Asian cultures is similar to the rate in Western rultures, but in the West, prostate cancer tends to progress, whereas in Asian cultures it does not. Why? A University of Colorado Cancer Center study published in the January 2013 issue of the journal Cancer Prevention Research shows that the answer may be a high-fiber diet. The research provides the cover image of this month's issue of the journal

The study compared mice fed with inositol hexaphosphate (IP6), a major component of high-fiber diets, to control mice that were not. Then the study used MRI scanning to monitor the progression of prostate cancer in these models The study's results were really profound stating that they saw tumors dramatically reduced primarily due to the anti-angiogenic effects of IP6 Basically, feeding with the active ingredient of a high fiber diet kept prostate tumors from making the new blood vessels they needed to supply themselves with energy Without this energy, prostate cancer couldn't grow Likewise, treatment with IP6 slowed the rate at which prostate cancers metabolized glucose

Possible mechanisms for this effect of IP6 against metabolism include a reduction in a protein called GLUT 4, which is instrumental in transporting glucose

Researchers have long been looking for genetic variations between Asian and Western people that could explain the difference in prostate cancer progression rates but now it seems as if the difference may not be genetic but dietary Asian cultures get IP6 whereas Western cultures generally do not

This is what you should be filling your plate with to feed the body what ever it needs for repairing and rebuilding those healthy cells and of course don't forget to exercise Cancer cells finds it harder to survive in an oxygenated environment!

Cruciferous vegetables Broccoli, cauliflower, cabbage, brussels sprouts, bok choy, and kale contain a compound called sulforaphane that enables the body to rebuff cancer-promoting chemicals

Lycopene-rich fruits The compound lycopene abundant in tomatoes and found in watermelons, pink grapefruit, papaya, and guava, offers similar protection One study showed eating two daily servings of tomatoes cut a man's risk of developing the disease Cooking the fruit aids lycopene absorption

Warning – FAT- Consuming lots of fat, especially animal fat, is associated with an elevated risk of prostate cancer

Do all that you can to prevent today!

Denise Kelly is a BANT (British association of Nutritional therapists) registered Naturopathic Nutritional Therapist. She writes Nutrition Programs for a variety of organisations and has a private practise in Chichester, West Sussex and is the founder of K4 Fit Kidz. Tel: 01243 528040 www.denisekelly.co.uk

A nation of fitness failures and fibbers

While 64% of Brits will start 2013 intending to adopt a new healthy lifestyle, a lack of motivation and unrealistic goals and methods mean many will fail even before the Christmas decorations have come down.

The new research commissioned by Florida grapefruit reveals a quarter (25%) of Brits healthy regimes will last only a week, while one in ten (9%) will fail in less than one day Only a fraction (3%) will manage to maintain their healthy lifestyle for the whole year and 17% will never get started

With half of Brits (46%) having attempted a diet such as the cabbage soup or vinegar diet in a bid to kick-start a new healthy lifestyle, it's easy to see why so many fail. What's more, half (46%) of Brits attempting to get fitter and healthier are willing to lie about sticking to their failed resolutions, with popular fibs including

- Claiming to have only eaten a couple of biscuits when, in fact, they've eaten half the pack (9%)
- Claiming to have eaten something healthy when, in fact, they haven't (9%)
- Claiming to have only eaten a small portion (7%)

Putting them firmly in a lose-lose situation, partners are most commonly lied to (16%) when lifestyle regimes fail yet a third are also blamed for broken resolutions (28%) Eager to pass the buck, 28% claim their partner puts them off by openly eating delicious food or storing it in a visible place (20%) Friends (16%) and colleagues (7%) are also lied to when it comes to broken resolutions

Start Your Day the Florida Way

With the cold, dark winter nights upon us, it's often hard to get motivated to do exercise in the evening or find time to do it during the busy working day, indeed, 29% of Brits say they'd be more likely to stick to a healthy regime if they exercise first thing in the morning That is why Florida grapefruit – one of the sweetest and juiciest varieties of grapefruit – has created a simple, quick and effective morning routine with the help of celebrity chef Lisa Faulkner and personal trainer to the stars Mark Anthony

Morning Motivation

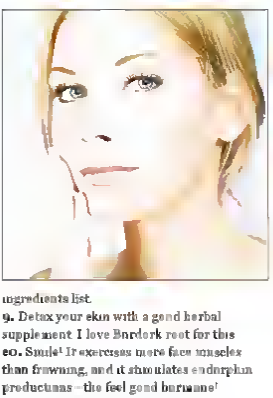
Mark Antony whose clients have included Katie Price Billie Piper and Cheryl Baker, commented "Research shows that if you don't exercise in the first hour of your day, you're less likely to do it at all, so together with Florida grapefruit I've created three simple exercises that will take you no more than 10 minutes but will set you up for the day "

Breakfast Boost

With 35% of the nation saying they never eat breakfast together as a family and 21% grabbing breakfast on their commute or at their desk, Lisa Faulkner is on a mission to get people eating breakfast properly

She commented "The research from Florida grapefruit shows that 16% of Brits regularly skip breakfast with many hitting the snooze button instead. But eating a nutritious breakfast gives you energy and increases your metabolism to help you burn more calories I recommend having a few really simple breakfast recipes using Florida grapefruit that you can whip up quickly so the whole family can start their day in the best possible way "

10 New Year resolutions for healthy skin



AFTER THE Christmas excesses the is the time to take care of ourselves, especially the skin Dr Barbara Olsen offers ten simple tips for a healthy, glowing skin for a great start of 2013.

1. Cut down on sugar, replacing it with a natural substitute like xylitol Sugar is responsible of glycation a process that "burns" your collagen out

2. Take a good omega 3 oil supplements essential for strengthening and protecting the skin barrier and great for the brain too

3. Exfoliate your skin regularly, i.e once a week Dead skin cells are like dead leaves interfering with your skin good making it look dull.

4. Compensate the drying effects of central heating by using a good facial oil at night

5. Cleanse your skin regularly to keep the skin in its optimal We shed 3 4 grams of skin each day plus all the dirt and grime of the atmosphere – the skin is a living organ, it needs to breathe!

6. Protect your skin from free radicals and oxidation by using a product with good antioxidants, there are a few good ones on the market that have proven antioxidant activity, such as my own Forest Secrets 1Rejuvenate Plus Elixir

7. Stay away from dermal fillers and 'freezing' face procedures You are better off with a Facial fitness regime like Face Yoga - to tone your face muscles

8. Avoid skin products that use petrolatum and silicones, they create a film that suffocates your skin Always read the ingredients list.

9. Detox your skin with a good herbal supplement I love Burdock root for this

10. Smile! If exercises more face muscles than frowning, and it stimulates endorphin productions – the feel good hormone!

Dr Barbara Olsen is a professional chemist with 13 years experience on natural and organic skincare products She is passionate about the planet, she writes on trade magazines, teaches and speaks at international conferences on achieving sustainability in natural and organic cosmetics She has developed her own cosmetic range, called Forest Secrets, Patent and Pure Skincare She is a member of the Royal Society of Chemistry and the Society of Cosmetic Scientists

For more information, visit forestsecretsskincare.com

Are you unhappy about the appearance of varicose veins?

Treatment for varicose veins isn't always available on the NHS, but we have a variety of treatments, including non-surgical options, that can help. Find out about these at our varicose veins information evening.

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Fashion

GOT ANY FASHION TIPS?
@chiherald

Wet weather wardrobe

ON GLOOMY GREY days, you may just want to snuggle up at home with your favourite book, soup simmering and tuck yourself up in a thick blanket. Perhaps you're feeling a little smug that you're comfortable, content and above all, dry. Unfortunately you do probably need to leave the house at some point.

You don't have to let the showers ruin your style. Invest in a great raincoat with fabulous features. Look for a style that doesn't swamp you and overbear your figure, try to find one that is nipped in slightly at the waist, or belted. This will prevent the coat from 'wearing you' and ensure you keep your feminine shape. You may want to be able to put the coat on over your work jacket, so wear it or have it to hand when you go shopping.

Look for added extras: is it lined? Does it have pockets? Are the zips wind guarded? Ilse Jacobsen's raincoats have clever wind and waterproofing details such as covering the zip with a rubber seal as you close. You may be caught unawares one day without your brolly, so try to invest in a coat with a good sized hood to protect your crowning glory!

Footwear-wise, put your suede boots to bed, you really can't beat a wellington boot. They don't have to be mundane and boring, it's a dull day so jazz them up a bit! You can find some beautiful boots nowadays in all manner of colours and patterns, but we are a little taken with our Ilse Jacobsen lace-up, fleece-lined lovelies. They also come with a bottle of oil to keep them in tip top condition.

Last but not least, add flashes of colour! Whether it's a vivid scarf, your jumper underneath or a gorgeous pair of skinny cordurays tucked into your wellies, don't be scared to wear something bright and fun on a rainy day. Bad weather can be a touch depressing, so go ahead and wear something vibrant and uplifting.

Ilse Jacobsen Lace up fleece lined Wellingtons in Black with moisturising oil £135
Ilse Jacobsen Fleece-lined Raincoat in French Navy with Hood £160

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Rosamund Pike face of new L.K.Bennett campaign

L.K.BENNETT, the leading British accessible luxury brand, announced actress Rosamund Pike as the face of their Spring / Summer 2013 monochrome and Black Ribbon campaigns.

Rosamund's English charm and celebrated career make her the ideal ambassador for the brand's latest collection. Shot by renowned photographer Mariano Vivanco & styled by Cathy Kasterine, the shoot took place in Belgravia ever-looking Buckingham Palace Gardens, a fitting quintessentially British location for the London born and based actress.

"I think that L.K.Bennett is the perfect brand for the working woman because it gives you that ability to feel dressed and polished without feeling overdone and I think that is the key to making you feel good and giving you confidence. It gives you freedom to play and that's what makes clothes exciting."

"The Spring Summer 2013 collection further cements L.K.Bennett as a modern British, affordable luxury brand and we are very excited to have Rosamund Pike front the campaign. Her beauty and intelligence in the roles she has played on film are captivating. The energy and life she brings to the images perfectly encapsulate the L.K.Bennett woman."

Rosamund is currently starring alongside Tom Cruise in the recently released Jack Reacher and has just finished filming British comedy, The World's End, co-starring with Simon Pegg and due for release later this year.

The Spring/Summer 2013 collections are available in-store and at lkbennett.com from January 2013.

Sneak peek: Gok for Tu Spring Collection

THERE'S still a few weeks left until Sainsbury's new Gok for Tu range hits stores on 7th February but they have decided to share a sneak peek. The new collection focuses on separates and building outfits to match your individual style.

Gok took inspiration from 90's fashion and his travels all over the world to create these glam pieces, channelling sports luxe style with softer feminine lines.

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Home Sweet Home - a snuggly sofa tops the list of housing must-haves

A COMFY SOFA, good neighbours and a large bed are three key ingredients for a happy home, it has been revealed. The study of 2,000 people across the UK was commissioned to take a closer look at British culture and what makes us happy about our homes.

Results revealed the top 20 things which contribute to the perfect home life, with Brits reuking nothing more important than snuggling up on a nice comfy couch in the dark, winter months.

Off-road parking, a spare room and an en-suite bathroom were also deemed essential, as were trees in the garden, a well-maintained lawn and fast internet access.

Cable or satellite TV, a fire place and a large fridge also made the list, while the perfect happy home also needs at least two pets.

The research, which was commissioned by Banner Homes, also found being less than two miles from a supermarket, feeling part of the local community and having the countryside no more than five miles away were important to people's happiness overall.

While privacy is important, the average Brit felt the nearest neighbours should be just a few yards away and three in ten said their local landlord knowing their name contributes to feeling content.

Piers Banfield, Group Sales and Marketing Director for Banner Homes said, "As a nation when it comes to home comforts, we like nothing more than a place we can unwind and recuperate at the end of the day and it's no surprise that we value a good sofa so highly.

"While physical comforts like a large bed are obviously key to home happiness, the results show having good neighbours close by strongly influences how content we are.

"Community spirit and a close bond between neighbours is arguably a little harder to come by these days, but the study proves it's something we still view as integral to being happy with where we live."

A third of Brits are convinced that having pets is crucial to a happy home life, with two being the ideal number and dogs preferred to cats.

The key to a happy home also includes at least two televisions, with the ideal screen size given as 37 inches, while seven in ten Brits thought a television in the living room was absolutely necessary to harmony.

To be perfectly happy with their home, the average Brit likes a corner shop within a mile of them and a supermarket no further than two miles away.

Safety and privacy are of course key priorities, while the ability to go for scenic walks is important to six in ten Brits and being on good terms with several neighbours was also deemed a big bonus.

Unfortunately, six in ten Brits don't feel they are a part of their local community, blaming not knowing many people near them - half were convinced there was actually no community spirit in their local area.

In fact, the average Brit attends just two events in the local community each year.

A tenth of respondents went so far as to say they didn't feel able to trust a single one of their neighbours.

Piers Banfield of Banner Homes continued, "People are very realistic when it comes to the small things that make them happy at home and the formula for achieving this is hopefully quite attainable for most.

"Features like a nice dinner table were ranked highly, proving that the ability to sit down together in our homes as a family is something that's still very valued among increasingly hectic lifestyles.

"The research has also highlighted that even the small things like the local landlord knowing your name or having good neighbours close by that we can trust is a really important part of creating that community feel and being settled in an area. At Banner Homes we always ensure that our new developments are designed to create friendly communities by encouraging new neighbours to meet each other when they first move in."

Features of a happy home

1 Comfy sofa 2 Good neighbours 3 Front and back gardens 4 Large bed 5 Off-road parking 6 Fast internet 7 Spare room 8 Bookshelf 9. Nice dinner table 10 Cable TV 11 Fire place 12. Large fridge 13 Garden shed 14. Dishwasher 15 Trees in garden 16 Well maintained lawn 17 En suite bathroom 18 Barbecue 19 Patio 20 Fitted wardrobes

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SLEEPING BEAUTY ON ICE
THURS 14 MARCH 2013
MAYFLOWER THEATRE
Adult, Senior Citizen & Child £44
Includes coach travel

The Imperial Ice Stars, the world's leading performers of theatrical ice dance, are returning to the UK, with their stunning production Sleeping Beauty on Ice. Set to the magnificent music of Tchaikovsky, Sleeping Beauty on ice tells the classic fairytale love story through sublime world class skating, breathtaking high speed lifts and throws, awe-inspiring aerial gymnastics, stilt skating and fire effects – all in the intimacy of the theatre stage.

Seats in the Stalls on a matinee performance.

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WOODS
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READER OFFER

MADAGASCAR LIVE
SAT 26 JANUARY 2013
THE BRIGHTON CENTRE
Adult & Senior Citizen £45 & Child £34
Includes coach travel

Join ALEX, MARTY, MELMAN, GLORIA and the plotting PENGUINS as they escape from New York's Central Park Zoo and find themselves on a journey to the madcap world of KING JULIEN'S Madagascar. Everyone's favourite Madagascar characters will star in the live arena production based on the blockbuster DreamWorks film, reliving the fun and humour of the animals and their escapades, brilliantly recreated with lively storytelling, dance and music, including the hit song 'Move It, Move It' and many new numbers, audiences of all ages will adore.
Seats in Raised South Stalls on 1500hrs Matinee Performance

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Bank of England plans to limit future property booms

BRITISH BANKS offering large home loans that risk fuelling a future housing boom will have to hold extra capital to keep the financial system safe, the Bank of England said on Monday.

Britain's weak economy makes a credit boom look a distant prospect for now, but the central bank and the country's lawmakers are already putting in place new rules to stop lending destabilising the economy in future.

Prior to the crash, many British lenders offered mortgages covering almost all the value of the property, while in some cases borrowers were not required to provide evidence of their ability to repay the loans.

These practices catered for an almost obsessive demand by Britons to own their own homes.

The FPC stopped short of asking for powers to directly regulate how much of a deposit home buyers should put down, saying more debate was needed on this politically sensitive step.

Starting in April, the central bank's Financial Policy Committee (FPC) will get broad powers to regulate how much credit is flowing in the economy and to clamp down on potentially destabilising hotspots in sectors such as property.

On Monday the FPC said more about how these powers would work in practice, and what warning signs it would look for before it orders banks to top up capital buffers so that they have enough reserves to mop up losses on soured loans in future.

The tougher rules might slow growth during a future credit expansion, the FPC said, but it insisted they would bring long-term benefits by reducing the chance of another financial crisis which could require taxpayers to shore up banks.

Britain's economy shrank more than 6 percent in a 2008-09 financial crisis and has yet to make up the lost ground, while its national debt has ballooned by tens of billions of pounds as a result of the cost of bank bailouts and a shrunken economy.

If these tools are successful in reducing the likelihood and severity of financial crises, their use is likely to boost the expected level of UK GDP," the Bank of England said. "The best available studies point... towards only a modest negative impact on near-term growth if (capital rules) are tightened.

The impact on growth would be lessened by the fact that tighter credit conditions would bear down on inflation, allowing the BoE's Monetary Policy Committee to keep interest rates lower than they would be otherwise, the FPC said.

Britain's Council of Mortgage Lenders, a trade body for firms offering home loans, reacted cautiously to the announcement and said it would examine the plans to make sure they did not create any inadvertent barriers to home purchase.

REGULATORY SHAKE UP

The FPC is part of a wider shake-up of Britain's financial supervisory system which is being formally launched in April, when the committee's power to require banks to hold extra capital to cover specific sectors like property takes effect.

The power to force banks to tap up their capital because of too much credit in general will not be available until a new European Union law on bank capital requirements comes into force. Negotiations on the law point to a 2014 start.

It may be some time before the FPC feels need to tighten rules, however.

Current mortgage approval levels are far below those seen before the financial crisis unfolded in 2007-2008, and in August the BoE launched a Funding for Lending Scheme aimed at boosting lending to home-buyers and businesses.

Nonetheless, property booms and busts have been behind many of Britain's economic downturns in past decades and policymakers have warned that it would be politically untenable for Britons to have to bail out their banks again.

The FPC set it would keep tabs on ratios of house prices and commercial property prices to rents, how large a deposit new borrowers needed as well as broader measures of how rapidly banks were increasing credit in other areas such as derivatives.

However Mat Oakley, director of commercial research at property broker Savills, said the FPC might not spot warning signs early enough if it looks mostly at indicators like property prices, rents and yields.

"It's going in the right direction, though. I don't think it will ever be possible to rule out a future property boom," Oakley said.

All banks, building societies and large investment firms who are based or operate subsidiaries in Britain will come under the FPC's scope, but some foreign bank branches will not be covered.

The FPC said it would monitor for "leakages" and recommend government action to close loopholes if needed. But EU law may limit Britain's ability to act in some cases.

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27 MARCH 2013
NEW VICTORIA THEATRE, WOKING
Adult, Senior Citizen & Child £46
(excludes coach travel)

Vincent and Flavia are back!

Vincent Simone and Flavia Cacace have dazzled television audiences for six series of the BBC's Strictly Come Dancing with their stunning Tango routines. Now they have created their own live show - Midnight Tango - a breathtaking evening bringing all the drama, sensuality and elegance of this most exciting of dance forms to life.

Set in a late night bar in downtown Buenos Aires and featuring some of the finest Tango dancers in the world, Midnight Tango, takes you on a journey into a heart of this intoxicating city. As danger and excitement, joy and jealousy, pain and passion all combine - this is a spectacular and explosive evening not to be missed!

Seats in Stalls on Matinee Performance.

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For further information or viewing, contact paulaclarke60@btinternet.com or 07599 530755

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FONTWELL **£475,000**

An extensively refurbished and extended detached brick and flint cottage situated between Chichester and Arundel new gas c h wiring and plumbing reception hall triple aspect lounge and vaulted ceiling conservatory newly fitted kit/brk rm sitting rm/study gr fl bed with en suite three further bedrooms two bathrooms dble and single garage gardens of approx 1/3 of an acre Potential annexe planning approval for ground floor master bedroom EPC rating is D

ALDWICK **£625,000**

A detached bed/five bedroom reclaimed situated on the beach front of a private marina estate central heating by air source heat pump u PVC dble glazed u PVC fascias and soffits fitted carpets, secalarm ground floor shower room ground floor bedroom/study kitchen/breakfast room utility room further w.c. first floor living room with fol width balcony and panoramic sea views, master bedroom with dressing room and en su te shower room guest bedroom with en suite shower room two second floor bedrooms with bathroom double garage South facing garden fronting the private beach EPC rating is E

ALDWICK BAY ESTATE **£670,000**

A spacious detached house situated in quiet cul-de-sac of private marine estate within 150 yards of the private beach The current owners have carried out a comprehensive programme of extension and modernisation G.F.H u.P.V.C double glazing fascias & soffits, cavity wall insulation cloakrm lounge dining rm sitting rm kit/breakfast rm master bedrm with en suite bathrm four further bedrms second bathrm shower rm balcony Integral garage and gardens including a secluded courtyard garden with heated swimming pool EPC rating is D

ALDWICK **£625,000**

A spacious three bedroom detached bungalow situated on the beach front of a private marine estate Built in the 1970's and requiring modernisation and some refurbishment, majority double glazed gas central heating u PVC fascias/soffits large open plan living area, good sized kitchen/breakfast room utility room master bedroom with en suite shower room two further bedrooms, bathroom double garage South facing garden with direct beach access SUPERB SEA VIEWS EPC rating is E

NYETIMBER **£425,000**

A detached family house with attached self contained annexe situated in a cul de sac The property is built on a larger than average plot. The specification includes g l h dble glazing cloakrm lounge dining rm study kitchen utility rm master bedrm with en suite shower rm, three further bedrms bathrm Self contained annexe with large l/dng room incorporating a kitchenette, o bedrm and shower rm The property benefits from a large plot with brick paved parking areas and a good sized lawned garden EPC rating is D

ALDWICK **£325,000**

A three bedroom first floor apartment in development of six in walled gardens immediately adjacent to the beach, gas central heating, u.P.V.C double glazed, carpets, cloakroom, lounge, dining room with library area, South facing balcony, kitchen, master bedroom with en suite bathroom and dressing area, second bathroom, garage UNOBSTRUCTED SEA VIEWS EPC rating is C.

NYETIMBER **£275 000**

An extended and stylish semi-detached bungalow situated in a quiet cul-de-sac. The property has been made the subject of a programme of extension and remodelling for the current owner G.F.H., u.P.V.C d/glazing fascias & soffits, lounge dining rm, fitted kitchen with breakfast rm, utility rm, two double bedrms, shower rm large double length garage & delightful easily mainta ned hard landscaped gardens including a West facing rear EPC rating is C

Chichester District Council

Scheme of Allowances for Members

NOTICE IS HEREBY GIVEN that the Council meeting on 20 December 2011 approved a revised scheme for the payment of allowances to councillors and co-opted members. In revising the scheme the Council complied with its duties under Regulation 19 of the Local Authorities (Members Allowances) (England) Regulations 2003 (as amended) to have regard to the recommendations of the Independent Remuneration Panel and accepted the Panel's recommendations. The revised scheme is effective for a period of four years and will be reviewed by the Independent Remuneration Panel and the Council during that period. The scheme has not since been amended, except that the rates for travelling and subsistence have been varied in accordance with the rates paid to staff.

The main features of the scheme and the amounts payable from 1 April 2012 are set out below

1 A Basic Allowance of £4,300 per annum is paid to each Councillor

2. The following Special Responsibility Allowances is paid per annum in addition to the basic allowance

(a) Chairman of the Council £4,500
(b) Leader - £13,250
(c) Deputy Leader - £6,500
(d) Leader of the Opposition £5,100
(e) Member of Cabinet - £6,300
(f) Chairman of Overview & Scrutiny Committee £4,500
(g) Chairman of Corporate Governance and Audit Committee - £4,500
(h) Chairman of Area Development Control Committee £4,500
(i) Chairman of Licensing and Enforcement Committee £4,500
(j) Members of the Licensing Sub Committees (including Substitute Members)

1 – 5 meetings attended per annum £0,

6 or more meetings attended per annum - £300,

Councillors are entitled to receive only one Special Responsibility Allowance at the same time

If the Chairman of the Council or a committee is absent for a continuous period of more than 2 months his SRA will be paid instead to the Vice Chairman if he takes on the responsibilities during that period of absence

3 A Dependants' Carers' Allowance is paid at the rate of the national minimum wage (This assists councillors to pay for a carer to look after their children or another dependent relative while the councillors are attending council or committee meetings)

4 The following travelling and subsistence allowances are paid to councillors and co-opted members in respect of journeys on Council business, e.g. attendance at meetings, conferences, and training seminars. A full list is set out in the Scheme. The rates for travelling and subsistence are the same as the rates approved for staff

Travelling

(i) Travel to seminars/conferences and training courses outside of the district Cost of standard class rail fare, by own car only in exceptional circumstances at 34p per mile

(ii) Travel to meetings and other events by own car (up to maximum of 8,500 miles per annum) 46.9p per mile, plus 5p per mile for cars with CO2 emissions of less than 130g/km

(iii)Car parking – at cost

(iv)Travel by train – standard class rail fare

(v)Taxi – if urgent and necessary – at cost

(vi)Bus – at cost

(vii)Motorcycle – 24p per mile

(viii) Cycles – 20p per mile

(ix) Member drives other member(s) or officer(s) on official duties – extra 5p per mile per passenger

Subsistence

(i) Breakfast - £7.38
(ii) Lunch £10.20
(iii) Tea – £4.03
(iv) Evening Meal - £12.63
(v) Out of pocket expenses for residential courses – £5.71 per night.

5 The Basic and Special Responsibility Allowances to Councillors are not pensionable

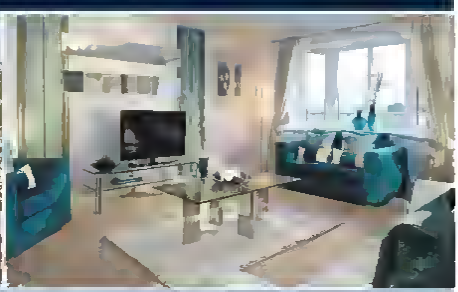
7 A member may elect to forgo all or any part of his entitlement to an allowance

A copy of the Scheme may be inspected at the Council's principal office at East Pallant House, East Pallant, Chichester. A copy is also available on the Council's website at http://www.chichester.gov.uk/index.cfm?articleid=2703. Records of payments will be made available for inspection at the Council's office at East Pallant House

D Shepherd, Chief Executive
Chichester District Council
Dated: 16 January 2013

This Notice was published in accordance with Regulations 16(1)(b) and (2) of the Local Authorities (Members Allowances) (England) Regulations 2003 as amended

NEW YEAR, NEW HOME - AT LILLIES HILL, FELPHAM



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Motors

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Chevrolet Corvette Stingray revealed

CHEVROLET has drawn on the past for its most futuristic car ever, with the all-new Corvette Stingray named after the iconic 1963 original

The seventh version of the best-selling American sports car was formally unveiled at a glitzy event in Detroit prior to this year's Detroit Motor Show

The arrival of the new Corvette coincides with the 60th anniversary of the original model's debut in New York.

To warrant the badge, the new Corvette Stingray needed a dramatic look, and designers have delivered a sharp body with a carbon fibre bonnet and removable roof panel

Although unmistakably a Corvette, there are obvious similarities to other models – front on there's a clear resemblance to muscle car rival, the SRT Viper, while from certain angles there are also elements of the Nissan GT-R.

Under the skin, the aluminium frame is 57 per cent stiffer and 45kg lighter than the previous Corvette

In standard trim the Stingray gets a 444bhp 6.2-litre V8 delivering 610 Nm of torque, and does 0-60mph in under four seconds. This is the most powerful standard version of the Corvette ever, but even better versions will follow

Economy figures aren't yet available but direct-injection, variable valve timing and the ability to shut down four cylinders on light throttle loads mean it uses less fuel despite the extra performance

As with latest Porsche 911, a seven-speed manual, with rev-matching and downshifts, is available as well as a six-speed auto box. Adjustable dampers and five driving modes should ensure a much broader character than at present ranging from focused track car to comfortable tourer

Handling is claimed to be much improved, too, with engineers insisting that a 50/50 weight balance will help ensure it is the best Corvette ever to drive

Tadge Juechter, Corvette chief engineer said: "The 2014 Corvette delivers the fastest acceleration, the most cornering grip, the most track capability, the best braking performance and what we expect to be the best fuel economy ever for a standard Corvette."

And for those who want to pump up the fun factor even further a Z51 Performance Package for track use will be offered

It features an electronic limited slip differential, a dry-sump oiling system and an aero package to improve stability

Inside, the Corvette also ups its game, featuring a blend of carbon fibre, aluminium and hand-stitched leather plus new seats and an eight-inch infotainment screen for the driver

Prices haven't been confirmed yet, but the new car is due to go on sale in the third quarter of this year and only in left hand drive. As before, it will be made in its traditional home of Bowling Green, Kentucky

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Are you a therapist looking to rent a health and beauty room?

The Radiance Health and Beauty Spa is looking for unique and gifted Therapists to join their dream team

This exciting new project is due to launch in the New Year and the intention is to have an array of talented and gifted therapists all under one roof to offer many holistic therapies and beauty treatments. The new therapist will be self-employed but a room is available to hire, and interviews will take place to recruit the right people to fit in with the current team.

We are a team of very dedicated and professional therapists ranging from massage nutrition EFT (emotional freedom technique) pain management, reiki homeopathy and reflexology yoga instructors and pilates. We are looking for therapists who have something unique to offer the spa such as osteopaths, physiotherapists, acupuncturists or permanent make-up artists, lash extentions non surgical treatments etc

This is a chance to work alongside others and be promoted through the Chichester Herald as part of our team to grow your business within the Spa. With regular brainstorming meetings you will feel part of a team and have opportunities to take seminars talks, work on spa days and create new and exciting opportunities for 2013

If you are interested in finding out more about this unique opportunity please contact: Denise Kelly on info@deniskelly.co.uk

To advertise here call **01243 200999** or email **advertising@chichesterherald.co.uk**

Football

Football for young girls

THE COACHES and Parents of the Chichester Youth Girls Football Club are looking forward to starting up again after the Christmas break.

The Saturday girls football club runs on the front field of Chichester College from 10 00am-11 30am every week (including most of the school holidays!)

The sessions provide a fun and relaxed environment for girls age 6-14 to develop their football and social skills We encourage parents to watch the sessions or to take advantage of the free parking at the College and visit town

The centre is made up with FA qualified volunteer female coaches from Chichester City Ladies Football Club They all have the relevant checks in place to ensure safety and fun throughout the sessions at all times. The cost is £2 per player which is used to cover over heads as this is a non-profit making business

Members of the youth football club play in tournaments and we are developing teams to play in the local leagues on a regular basis this year

First session is free ... so please come along with your daughter and join in the fun, develop new skills and meet new friends all with the common interest of football

If you have any questions please email chichesterfemalefootball@hotmail.co.uk or call Hannah on 07727 065946.

Straight from the commentary box

One nil to the Arsenal

Johnny Cantor

OK SO THAT'S IT Most of the fans wanted it. It's the Gunners next for Albion in the FA Cup

Arsenal 1 Swansea 0 Wilshere 86

One nil to the Arsenal That used to be a chant you know

I should have known really Jack Wilshere was emblazoned on the front of the match day programme. Just over 56,000 tickets were sold (probably less turned up) for the game So what did Albion fans learn about their 4th round opponents? Well for starters Jack Wilshere is very good. In fact the side that Arsene Wenger put out was a strong one The professor was stalking the technical area like a flamingo on Wednesday night and wanted a win. In fact he needs a trophy and the FA Cup is probably his next chance

It's difficult to know how the Premier League side will approach the game at the Amex The cup is important but they have to face Bayern Munich in the champions League and the game in Sussex is sandwiched between two midweek league games

It certainly won't be as easy as the game against a 3rd string Newcastle side low on confidence At times the Gunners battered Swansea at the Emirates without scoring but as their frustration grew fans began to berate the team

Their old stadium used to be known by some as the Highbury Library Last night I could see why The noise came when the team were struggling to score If the Seagulls grab an unlikely replay they will certainly enjoy their visit to the imposing Emirates but they may not enjoy the prices It may of course not come to that but if Gus Poyet's side are to reach the 5th round for the 3rd consecutive season, it

will take a monumental effort.

The promised land was there for all to see last night. An FA Cup run may not be the priority this season but a game against the Gunners will be a tasty bon d'oeuvre ahead of what many supporters are hoping will be the main course ... in months or years to come.

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Cricket

Local girl Holly could step-up

MIDDLETON-ON-SEA girl Holly Colvin could one day end up furthering her cricket career by playing for Sussex's men s side

In an eventful week, Sussex County Cricket Club have this week spoken out to clarify recent press reports surrounding Holly s Sussex and England colleague Sarah Taylor

The past 24 hours has seen a significant amount of speculation relating to Sarah Taylor debuting for the Sussex Second Eleven this season Whilst the Club can confirm that initial and informal conversations have taken place between Sussex coaching staff and England Women s Coach Mark Lane it needs to be stressed that these are at a very embryonic stage

Sussex hold the abilities of Sarah, and indeed her Sussex and England playing partner – Holly Colvin – in very high regard, and to this end Sarah could, theoretically, solve our short term dilemma surrounding our Second Eleven wicketkeeping place with both Academy keepers Callum Jackson and Leo Cammish still in full-time education and therefore unavailable for the early part of the season

Sussex at the moment are going look at all available options including the possibility of using Sarah In her case the first step would involve practising with the Second Eleven and to re-evaluate from there

Sussex's Professional Cricket Manager Mark Robinson said "Our Second Team Coach Carl Hopkinson has spoken to Mark Lane about the fact we might be short of a wicketkeeper for the early part of the summer

"There may be an opportunity for Sarah in the future but at the moment the key thing is for her to train with the Second Eleven. Then we can see if she has adapted to the environment and then if we have an opportunity to play her, we can potentially take it a step further"

Head of England Women e Cricket Clare Connor said "Sarah Taylor and Holly Colvin are highly skilled cricketers who have progressed through the Sussex system including the Sussex Academy under the guidance of Keith Greenfield. Their potential, as with most young cricketers, is still to be fulfilled despite both players having already achieved so much for England in World Cups and Ashes Series

"Any opportunity for our players to be challenged and for their development to be accelerated beyond the norm would be welcomed, so long as those opportunities talked with the player s stage of development. There is no getting away from the fact that this dialogue with Sussex CCC is a hugely positive step for the game and our players. It is indicative of how the women s game has progressed in recent years if players are turning heads in this way I think it is also fantastic to know that first class counties are open to such possibilities

"As a Board Member of Sussex CCC, it is pleasing that the Club is demonstrating an open-minded and innovative outlook to the game Everyone at Sussex is a champion of the women e game and, as such, we have a robust County structure that has produced 7 internationa l players in the past 12 years."

Sussex County Football League

DIVISION 1

Team	P	W	D	L	F	A	GD	PTS
PEACEHAVEN & TELS	20	14	5	1	58	19	39	47
EAST PRESTON	20	14	4	2	58	20	38	46
HASSOCKS	25	13	4	8	57	37	20	43
RYE UNITED	19	13	3	3	60	28	31	42
REDHILL	20	13	2	5	42	23	19	41
RINGMER	21	13	2	6	48	33	15	41
EAST GRINSTEAD TOWN	23	12	4	7	67	35	32	40
LANCING	23	12	4	7	51	36	25	40
PAGHAM	19	12	2	5	46	33	13	38
LINGFIELD	20	10	3	7	49	44	5	33
ST FRANCIS RANGERS	22	9	3	10	32	41	-9	30
HORSHAM YMCA	20	9	1	10	56	35	21	28
CROWBOROUGH ATHLETIC	22	9	1	12	39	58	-19	28
ARUNDEL	22	7	5	10	31	47	-16	26
SIDLEY UNITED	20	6	5	9	35	48	-13	23
SHOREHAM	22	7	2	13	35	57	-22	23
HAILSHAM TOWN	17	7	1	9	33	40	-7	22
SELSEY	21	5	5	11	22	38	-16	20
DORKING WANDERERS	23	5	5	13	34	54	-20	20
CHICHESTER CITY	23	4	3	16	29	63	-34	15
AFC UCKFIELD	20	2	3	15	26	76	-50	9
WORTHING UNITED	20	0	3	17	22	74	-52	3

DIVISION 2

Team	P	W	D	L	F	A	GD	PTS
NEWHAVEN	20	14	3	3	55	30	25	45
LITTLEHAMPTON TOWN	16	13	2	1	54	12	42	41
LITTLE COMMON	18	11	3	4	55	20	35	36
BROADBRIDGE HEATH	18	10	4	4	43	26	17	34
EASTBOURNE UNITED AFC	16	10	3	3	54	25	29	33
BEXHILL UNITED	17	9	6	2	42	29	13	33
MIDHURST & EASEBOURNE	17	7	6	4	42	31	11	27
LOXWOOD	19	7	5	7	36	30	6	26
WESTFIELD	16	7	4	5	34	24	10	25
MILE OAK	18	6	6	6	36	32	4	24
SEAFORD TOWN	16	5	5	6	26	32	-6	20
SOUTHWICK	16	6	1	11	36	41	-5	19
WICK	17	6	1	10	30	44	-14	19
STORRINGTON	19	5	4	10	28	47	-19	18
RUSTINGTON	17	4	2	11	29	46	17	14
OAKWOOD	17	3	3	11	24	49	-25	12
STEYNING TOWN	16	2	5	9	31	41	10	11
SALTDEAN UNITED	19	0	1	18	16	112	-96	1

DIVISION 3

Team	P	W	D	L	F	A	GD	PTS
SIDLESHAM	11	8	2	1	42	16	26	26
BARNHAM	12	7	2	3	40	19	21	23
HAYWARDS HEATH TOWN	10	7	2	1	27	9	18	23
BILLINGSHURST	9	7	1	1	27	12	15	22
UCKFIELD TOWN	10	5	3	2	23	15	8	18
CLYMPING	10	4	2	4	11	17	-6	14
ROFFEY	10	3	2	5	20	21	-1	11
IFIELD	10	3	2	5	21	25	-4	11
ROTTINGDEAN VILLAGE	13	3	1	9	19	46	-27	10
FERRING	10	3	3	4	19	30	-11	*9
HURSTPIERPOINT	11	1	1	9	11	26	-15	4
TD SHIPLEY	10	1	1	8	9	33	-24	4

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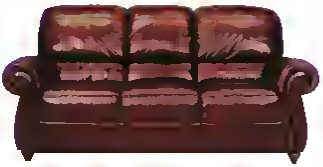

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